



WHATSheATE



HEALTH SCORE

85%

Slow-Cooker Golden Pea and Ham Soup



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



520 min.

SERVINGS



5

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 lb peas split yellow rinsed



1 cup carrots (from 10-oz bag)



1.3 cups finely-chopped ham cooked chopped



0.5 teaspoon thyme leaves dried



0.5 teaspoon marjoram dried



0.3 teaspoon pepper



32 oz chicken broth (4 cups)



1.5 cups water

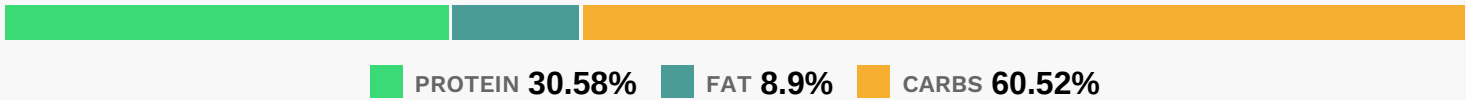
Equipment

☐ slow cooker

Directions

- ☐ In 3- to 4-quart slow cooker, mix all ingredients.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ Increase heat setting to High. Stir well. Cover; cook 30 minutes longer.

Nutrition Facts



Properties

Glycemic Index:24.77, Glycemic Load:0.83, Inflammation Score:-10, Nutrition Score:30.805652089741%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 376.11kcal (18.81%), Fat: 3.8g (5.84%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 58.14g (19.38%), Net Carbohydrates: 34.23g (12.45%), Sugar: 9.25g (10.28%), Cholesterol: 25.63mg (8.54%), Sodium: 1056.04mg (45.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.37g (58.74%), Fiber: 23.91g (95.63%), Vitamin A: 4426.39IU (88.53%), Manganese: 1.41mg (70.64%), Folate: 254.47µg (63.62%), Vitamin B1: 0.87mg (58.24%), Phosphorus: 436.64mg (43.66%), Copper: 0.87mg (43.63%), Potassium: 1091.9mg (31.2%), Magnesium: 116.78mg (29.19%), Iron: 4.53mg (25.18%), Zinc: 3.6mg (24.02%), Vitamin B2: 0.39mg (22.93%), Vitamin B3: 4.35mg (21.73%), Vitamin B5: 1.95mg (19.46%), Vitamin K: 16.76µg (15.96%), Vitamin B6: 0.27mg (13.57%), Vitamin C: 10.49mg (12.71%), Selenium: 8.17µg (11.68%), Vitamin B12: 0.46µg (7.69%), Calcium: 70.99mg (7.1%), Vitamin E: 0.32mg (2.16%)