



Slow-Cooker Golden Pea and Ham Soup

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



520 min.

SERVINGS



5

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots (from 10-oz bag)
- 32 oz chicken broth (4 cups)
- 1.3 cups finely-chopped ham cooked chopped
- 0.5 teaspoon marjoram dried
- 0.3 teaspoon pepper
- 0.5 teaspoon thyme leaves dried
- 1.5 cups water
- 1 lb peas split yellow rinsed

Equipment

slow cooker

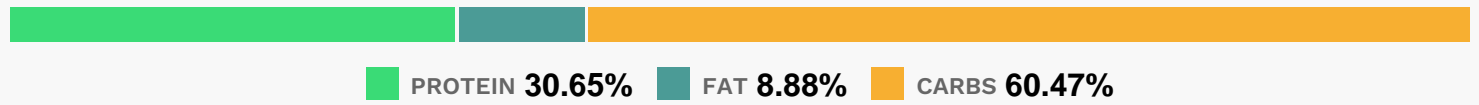
Directions

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:15.4, Glycemic Load:0.02, Inflammation Score:-10, Nutrition Score:30.018260872882%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 374.58kcal (18.73%), Fat: 3.77g (5.8%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 57.79g (19.26%), Net Carbohydrates: 33.86g (12.31%), Sugar: 9.26g (10.29%), Cholesterol: 25.63mg (8.54%), Sodium: 1058.34mg (46.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.59%), Fiber: 23.93g (95.73%), Vitamin A: 3679.9IU (73.6%), Manganese: 1.41mg (70.75%), Folate: 256.52µg (64.13%), Vitamin B1: 0.86mg (57.62%), Copper: 0.89mg (44.33%), Phosphorus: 434.85mg (43.48%), Potassium: 1070.65mg (30.59%), Magnesium: 116.26mg (29.07%), Iron: 4.68mg (26.01%), Zinc: 3.59mg (23.9%), Vitamin B2: 0.38mg (22.6%), Vitamin B3: 4.24mg (21.18%), Vitamin B5: 1.98mg (19.79%), Vitamin K: 15.79µg (15.03%), Vitamin B6: 0.26mg (13.15%), Selenium: 8.38µg (11.97%), Vitamin C: 9.64mg (11.69%), Vitamin B12: 0.46µg (7.69%), Calcium: 70.73mg (7.07%), Vitamin E: 0.16mg (1.04%)