



HEALTH SCORE

53%

Slow-Cooker : Smoky Pea Soup



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



1224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 cups carrots coarsely chopped
- ☐ 2 cups celery stalks chopped
- ☐ 64 ounce chicken broth canned
- ☐ 2 garlic cloves chopped
- ☐ 1 pound peas split green
- ☐ 1.5 pounds ham hocks
- ☐ 1 cup onion coarsely chopped

☐ 1 teaspoon thyme leaves dried

Equipment

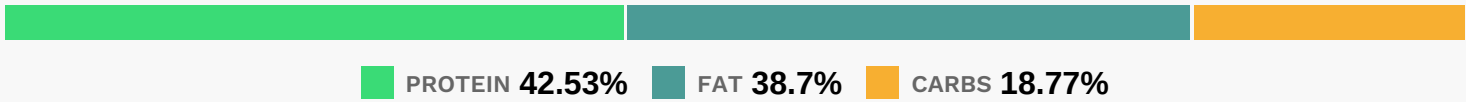
☐ slow cooker

☐ tongs

Directions

- ☐ Rinse the ham hocks.
- ☐ Place them in a 4- to 6-quart slow cooker, along with the peas, carrots, celery, onion, garlic, broth, bay leaf, and thyme. Cook on low for 8 hours, or on high for 4 hours. Using tongs, remove the ham hocks. When they're cool enough to handle, pick off the meat and discard the skin and bones. Chop the meat into small pieces, return it to the soup, and stir.*A ham bone from a roast or 1/2 pound of cooked smoky bacon can be substituted; however, the soup will then require up to 1 tablespoon of salt.
- ☐ Add it 1/2 teaspoon at a time, tasting after each addition.

Nutrition Facts



Properties

Glycemic Index:30.14, Glycemic Load:2.16, Inflammation Score:-10, Nutrition Score:44.169130636298%

Flavonoids

Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg, Apigenin: 0.97mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 1223.92kcal (61.2%), Fat: 51.65g (79.46%), Saturated Fat: 16.61g (103.79%), Carbohydrates: 56.36g (18.79%), Net Carbohydrates: 34.83g (12.66%), Sugar: 9.66g (10.74%), Cholesterol: 274.8mg (91.6%), Sodium: 1810.02mg (78.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 127.71g (255.42%), Vitamin A: 7944.43IU (158.89%), Fiber: 21.54g (86.15%), Selenium: 57.3µg (81.86%), Phosphorus: 772mg (77.2%), Zinc: 10.05mg (66.97%), Manganese: 1.21mg (60.27%), Folate: 238.69µg (59.67%), Potassium: 1889.59mg (53.99%), Iron: 9.45mg (52.5%),

Vitamin B12: 3.02µg (50.4%), Vitamin B3: 10.01mg (50.07%), Copper: 0.85mg (42.61%), Vitamin B6: 0.84mg (41.79%), Vitamin B1: 0.6mg (39.9%), Magnesium: 156.69mg (39.17%), Vitamin K: 33.54µg (31.94%), Vitamin B2: 0.52mg (30.52%), Vitamin B5: 1.57mg (15.68%), Calcium: 143.57mg (14.36%), Vitamin E: 1.41mg (9.43%), Vitamin C: 7.75mg (9.39%), Vitamin D: 0.3µg (2.02%)