



Slow-Cooker Split Pea and Ham Chowder



Gluten Free



Dairy Free



Very Healthy

READY IN



490 min.

SERVINGS



6

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound peas split yellow rinsed
- ☐ 11 ounces corn whole with red and green peppers, drained canned
- ☐ 1.8 cups chicken broth (from 32-ounce carton)
- ☐ 1 cup carrots sliced
- ☐ 0.5 cup celery diced
- ☐ 3 cups water
- ☐ 1 cup finely-chopped ham diced fully cooked
- ☐ 1 cup hash browns frozen southern-style thawed cubed

- ☐ 1 teaspoon marjoram dried
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon hot sauce red

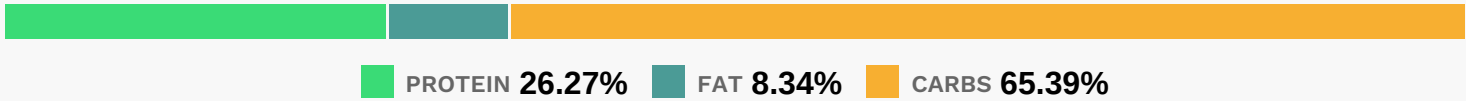
Equipment

- ☐ slow cooker

Directions

- ☐ Mix all ingredients in 3 1/2- to 4-quart slow cooker.
- ☐ Cover and cook on Low heat setting 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:2.48, Inflammation Score:-10, Nutrition Score:26.839130681494%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 368.25kcal (18.41%), Fat: 3.49g (5.36%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 61.48g (20.49%), Net Carbohydrates: 40.92g (14.88%), Sugar: 7.49g (8.32%), Cholesterol: 15.12mg (5.04%), Sodium: 995.18mg (43.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.39%), Fiber: 20.56g (82.23%), Vitamin A: 3717.36IU (74.35%), Manganese: 1.22mg (60.88%), Folate: 231.53µg (57.88%), Vitamin B1: 0.72mg (48.15%), Copper: 0.77mg (38.56%), Phosphorus: 382.82mg (38.28%), Potassium: 1060.93mg (30.31%), Magnesium: 106.27mg (26.57%), Iron: 4.13mg (22.92%), Vitamin B3: 4.23mg (21.15%), Zinc: 3.05mg (20.35%), Vitamin B5: 1.69mg (16.94%), Vitamin B2: 0.28mg (16.36%), Vitamin K: 16.37µg (15.59%), Vitamin C: 11.23mg (13.62%), Vitamin B6: 0.25mg (12.44%), Selenium: 5.42µg (7.75%), Calcium: 65.81mg (6.58%), Vitamin B12: 0.28µg (4.65%), Vitamin E: 0.26mg (1.74%)