



HEALTH SCORE

66%

Slow-Cooker Split Pea and Yam Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



490 min.

SERVINGS



8

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 cups water
- ☐ 0.8 teaspoon salt
- ☐ 0.5 teaspoon seasoning italian
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 lb yam peeled cut into 1/2-inch pieces
- ☐ 1 medium potatoes peeled cut into 1/2-inch pieces (1 cup)
- ☐ 0.5 cup onion finely chopped
- ☐ 16 oz peas dried split yellow ()

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6 oz canadian bacon canadian-style sliced coarsely chopped

Equipment

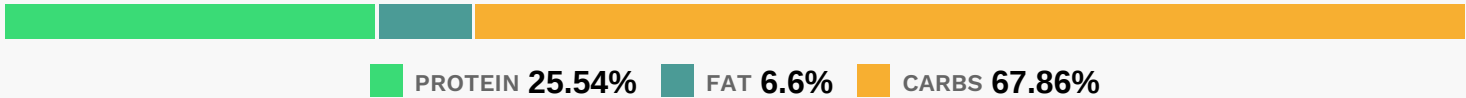
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slow cooker

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, mix all ingredients.
- ☐ Cover; cook on Low heat setting 8 to 9 hours. Stir well before serving.

Nutrition Facts



Properties

Glycemic Index:24.94, Glycemic Load:8.86, Inflammation Score:-7, Nutrition Score:20.388260836187%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 301.89kcal (15.09%), Fat: 2.25g (3.47%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 52.15g (17.38%), Net Carbohydrates: 35.13g (12.77%), Sugar: 5.39g (5.98%), Cholesterol: 10.63mg (3.54%), Sodium: 434.95mg (18.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.25%), Fiber: 17.03g (68.11%), Manganese: 1.03mg (51.54%), Folate: 172.45µg (43.11%), Vitamin B1: 0.65mg (43.01%), Copper: 0.64mg (32.19%), Potassium: 1105.5mg (31.59%), Phosphorus: 300.93mg (30.09%), Magnesium: 87.39mg (21.85%), Vitamin B6: 0.4mg (19.91%), Iron: 3.17mg (17.6%), Vitamin B3: 3.5mg (17.48%), Vitamin C: 14.28mg (17.31%), Zinc: 2.22mg (14.83%), Vitamin B5: 1.33mg (13.34%), Vitamin B2: 0.18mg (10.83%), Vitamin K: 10.62µg (10.12%), Selenium: 6.66µg (9.51%), Calcium: 54.23mg (5.42%), Vitamin D: 0.6µg (3.97%), Vitamin A: 146.37IU (2.93%), Vitamin B12: 0.14µg (2.37%), Vitamin E: 0.27mg (1.82%)