



 **100%**
HEALTH SCORE

Slow-Cooker Split Pea Soup

 **Gluten Free**  **Very Healthy**

READY IN



390 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots chopped
- 2 stalks celery chopped
- 0.5 cup parsley fresh chopped
- 1 pound peas split green picked over rinsed
- 6 servings kosher salt and pepper freshly ground
- 1 large leek light white green halved lengthwise thinly sliced
- 0.5 cup peas frozen thawed
- 0.3 cup nonfat yogurt plain

- 4 sprigs thyme leaves
- 1 pounds turkey leg smoked

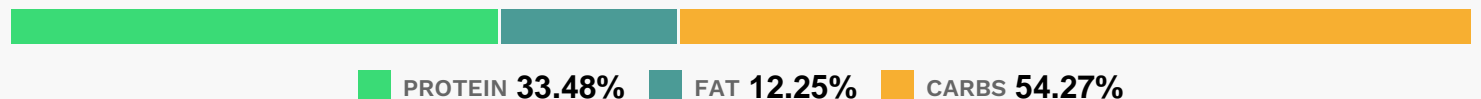
Equipment

- bowl
- ladle
- slow cooker
- kitchen twine

Directions

- Tie the parsley stems and thyme together with kitchen string and place in a 6-quart slow cooker.
- Add the split peas, leek, celery, carrots, 1 teaspoon salt and 1/2 teaspoon pepper; stir to combine.
- Add the turkey leg and 7 cups water. Cover and cook on low until the split peas and meat are tender, 6 to 8 hours.
- Discard the herb bundle. Discard the skin and bones from the turkey leg and shred the meat. Vigorously stir the soup to break up the peas and make the soup smoother. Thin with water, if desired. Stir in the chopped parsley and about three-quarters of the turkey meat; season with salt and pepper.
- Ladle the soup into bowls. Thin the yogurt with a little water, then spoon onto the soup. Top with the thawed peas and the remaining turkey.
- Serve with bread, if desired.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:38.69, Glycemic Load:1.84, Inflammation Score:-10, Nutrition Score:34.949999664141%

Flavonoids

Apigenin: 11.17mg, Apigenin: 11.17mg, Apigenin: 11.17mg, Apigenin: 11.17mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 385.38kcal (19.27%), Fat: 5.33g (8.2%), Saturated Fat: 1.46g (9.14%), Carbohydrates: 53.09g (17.7%), Net Carbohydrates: 31.82g (11.57%), Sugar: 9.28g (10.31%), Cholesterol: 44.75mg (14.92%), Sodium: 290.55mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.75g (65.5%), Vitamin K: 109.54µg (104.32%), Vitamin A: 4364.57IU (87.29%), Fiber: 21.27g (85.1%), Manganese: 1.25mg (62.48%), Folate: 248.55µg (62.14%), Vitamin B1: 0.66mg (44.26%), Phosphorus: 435.95mg (43.59%), Copper: 0.81mg (40.48%), Potassium: 1126.67mg (32.19%), Zinc: 4.61mg (30.76%), Iron: 5.44mg (30.23%), Magnesium: 117.67mg (29.42%), Selenium: 18.59µg (26.55%), Vitamin B3: 4.68mg (23.39%), Vitamin B6: 0.45mg (22.5%), Vitamin B5: 2.22mg (22.23%), Vitamin B2: 0.37mg (21.57%), Vitamin C: 17.4mg (21.09%), Calcium: 106.1mg (10.61%), Vitamin B12: 0.31µg (5.12%), Vitamin E: 0.43mg (2.85%)