



Slow-Cooker Split Pea Soup

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

READY IN



615 min.

SERVINGS



8

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 cups water
- 16 ounces peas dried split rinsed ()
- 1 teaspoon salt
- 0.3 teaspoon pepper
- 3 medium carrots cut into 1/4-inch slices (1 1/2 cups)
- 1 cup celery stalks finely chopped
- 0.5 cup onion chopped
- 1 ham smoked

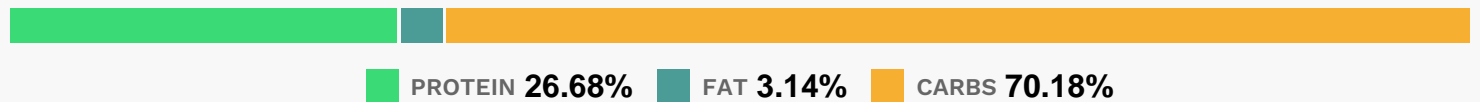
Equipment

- slow cooker
- cutting board

Directions

- Spray inside of 4- to 5-quart slow cooker with cooking spray.
- Add all ingredients except ham; mix together.
- Add ham.
- Cover and cook on Low heat setting 8 to 10 hours or until peas are tender.
- Remove ham from cooker; place on cutting board. Pull meat from bones, using 2 forks; discard bones and skin. Stir ham into soup. Stir well before serving.

Nutrition Facts



Properties

Glycemic Index:17.23, Glycemic Load:1, Inflammation Score:-10, Nutrition Score:18.776521843413%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 208.77kcal (10.44%), Fat: 0.75g (1.15%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 22.28g (8.1%), Sugar: 6.21g (6.9%), Cholesterol: 0.06mg (0.02%), Sodium: 337.35mg (14.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.36g (28.71%), Vitamin A: 3963.21IU (79.26%), Fiber: 15.49g (61.95%), Manganese: 0.86mg (42.8%), Folate: 166.16µg (41.54%), Vitamin B1: 0.43mg (28.94%), Copper: 0.54mg (27.21%), Phosphorus: 221.84mg (22.18%), Potassium: 678.07mg (19.37%), Magnesium: 72.56mg (18.14%), Iron: 2.64mg (14.65%), Vitamin K: 15.08µg (14.36%), Zinc: 1.82mg (12.13%), Vitamin B5: 1.1mg (11.03%), Vitamin B3: 1.92mg (9.58%), Vitamin B2: 0.15mg (8.54%), Vitamin B6: 0.15mg (7.59%), Calcium: 52.76mg (5.28%), Vitamin C: 3.5mg (4.24%), Vitamin E: 0.24mg (1.59%), Selenium: 1.03µg (1.48%)