



Slow-Cooker Split Pea Soup

 **Gluten Free**  **Dairy Free**

READY IN



495 min.

SERVINGS



15

CALORIES



143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 4 carrots peeled sliced
- 29 oz chicken broth fat-free reduced-sodium canned
- 2 oz oscar mayer carving board slow ham cooked finely chopped
- 0.5 cup lite house dressing italian kraft
- 1 onion chopped
- 1 lb peas dried split rinsed
- 2 cups water

Equipment

- bowl
- sauce pan
- ladle
- slow cooker

Directions

- Bring first 3 ingredients to boil in saucepan.
- Place remaining ingredients in slow cooker.
- Add broth mixture; cover with lid.
- Cook on LOW 8 to 10 hours (or on HIGH 4 to 5 hours); stir.
- Discard bay leaves. Ladle 1 cup soup into shallow bowl; use fork to mash vegetables in bowl.
- Pour into soup in slow cooker; mix well.

Nutrition Facts



Properties

Glycemic Index:4.92, Glycemic Load:0.67, Inflammation Score:-9, Nutrition Score:11.5534783835%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 142.94kcal (7.15%), Fat: 2.78g (4.27%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 21.53g (7.18%), Net Carbohydrates: 13.24g (4.81%), Sugar: 4.43g (4.92%), Cholesterol: 2.34mg (0.78%), Sodium: 364.46mg (15.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.8g (17.6%), Vitamin A: 2766.36IU (55.33%), Fiber: 8.29g (33.18%), Manganese: 0.46mg (23.17%), Folate: 88.03µg (22.01%), Vitamin B1: 0.26mg (17.45%), Copper: 0.29mg (14.61%), Phosphorus: 133.8mg (13.38%), Potassium: 393.31mg (11.24%), Vitamin K: 10.95µg (10.43%), Magnesium:

39.45mg (9.86%), Iron: 1.54mg (8.55%), Vitamin B3: 1.53mg (7.64%), Zinc: 1.07mg (7.13%), Vitamin B5: 0.67mg (6.68%), Vitamin B2: 0.1mg (5.67%), Vitamin B6: 0.11mg (5.56%), Selenium: 2.76µg (3.94%), Calcium: 28.22mg (2.82%), Vitamin C: 2.08mg (2.53%), Vitamin B12: 0.13µg (2.23%), Vitamin E: 0.32mg (2.14%)