



Slow Cooker Split Pea Soup with Bacon and Hash Browns



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



8

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound bacon chopped
- ☐ 3 carrots diced peeled
- ☐ 3 ribs celery diced
- ☐ 8 cups chicken broth
- ☐ 2 cloves garlic minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 20 ounce hash brown potatoes frozen southern-style ore ida® (such as)

- ☐ 1 onion chopped
- ☐ 1 pinch pepper flakes red to taste
- ☐ 1 pound peas split rinsed

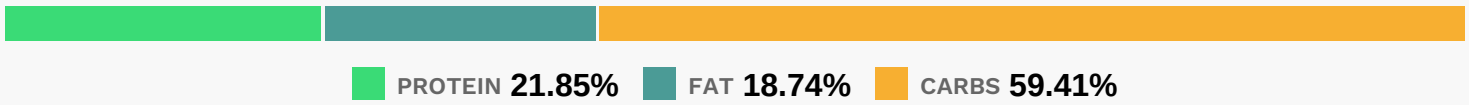
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slow cooker

Directions

- ☐ Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until lightly browned, about 5 minutes.
- ☐ Drain on paper towels.
- ☐ Place bacon, split peas, hash brown potatoes, onion, carrots, celery, garlic, black pepper, red pepper flakes, and chicken broth in a slow cooker; stir to combine.
- ☐ Cook on Low for 8 hours (or High for 6 hours).

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:4.74, Inflammation Score:-10, Nutrition Score:23.446521898975%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 342.88kcal (17.14%), Fat: 7.32g (11.26%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 52.2g (17.4%), Net Carbohydrates: 35.61g (12.95%), Sugar: 7.42g (8.25%), Cholesterol: 14.06mg (4.69%), Sodium: 1018.46mg (44.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.39%), Vitamin A: 3987.49IU (79.75%), Fiber: 16.59g

(66.37%), Manganese: 1.08mg (54.22%), Folate: 170.58µg (42.65%), Vitamin B1: 0.6mg (39.67%), Copper: 0.63mg (31.3%), Phosphorus: 287.47mg (28.75%), Potassium: 964.52mg (27.56%), Vitamin B3: 4.2mg (20.99%), Magnesium: 83.08mg (20.77%), Iron: 3.57mg (19.86%), Vitamin B2: 0.31mg (18.15%), Zinc: 2.29mg (15.3%), Vitamin K: 15.77µg (15.02%), Vitamin B5: 1.45mg (14.47%), Vitamin B6: 0.27mg (13.34%), Vitamin C: 9.9mg (12%), Selenium: 5.17µg (7.39%), Calcium: 66.63mg (6.66%), Vitamin E: 0.41mg (2.71%), Vitamin B12: 0.12µg (1.96%)