



Slow Cooker Split Pea Soup with Chorizo

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

READY IN



315 min.

SERVINGS



4

CALORIES



734 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound andouille sausage diced
- 2 bay leaves
- 1.5 cups carrots diced
- 1 cup celery diced
- 2 cloves garlic minced
- 1 pound peas split green
- 10 cups chicken broth reduced-sodium
- 4 servings salt and pepper black freshly ground

1 cup shallots diced

Equipment

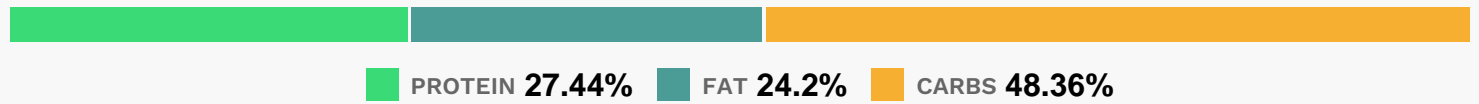
slow cooker

Directions

Combine all ingredients in a slow cooker. Cover and cook on low for 6 to 8 hours or on high for 4 to 5 hours.

Remove bay leaves and season with salt and black pepper before serving.

Nutrition Facts



Properties

Glycemic Index:42.71, Glycemic Load:4.2, Inflammation Score:-10, Nutrition Score:46.349565277929%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 733.8kcal (36.69%), Fat: 20.51g (31.55%), Saturated Fat: 6.29g (39.28%), Carbohydrates: 92.23g (30.74%), Net Carbohydrates: 59.6g (21.67%), Sugar: 17.74g (19.71%), Cholesterol: 48.76mg (16.25%), Sodium: 716.24mg (31.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.34g (104.67%), Vitamin A: 8330.6IU (166.61%), Fiber: 32.63g (130.51%), Manganese: 1.89mg (94.47%), Folate: 349.75µg (87.44%), Vitamin B3: 15.51mg (77.56%), Phosphorus: 737.38mg (73.74%), Copper: 1.41mg (70.58%), Vitamin B1: 1.04mg (69.6%), Potassium: 2238.16mg (63.95%), Iron: 7.9mg (43.91%), Magnesium: 166.94mg (41.74%), Zinc: 5.8mg (38.65%), Vitamin B2: 0.58mg (33.92%), Vitamin B6: 0.68mg (33.78%), Vitamin K: 30.84µg (29.37%), Vitamin B5: 2.78mg (27.79%), Selenium: 14.63µg (20.9%), Vitamin B12: 1.15µg (19.09%), Calcium: 142.47mg (14.25%), Vitamin C: 10.88mg (13.19%), Vitamin E: 1.02mg (6.82%), Vitamin D: 0.79µg (5.29%)