



HEALTH SCORE

71%

Slow-Cooker Yellow Split Pea Soup with Canadian Bacon



Gluten Free



Dairy Free



Very Healthy

READY IN



500 min.

SERVINGS



8

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces canadian bacon diced canadian-style
- ☐ 1.5 cups carrots diced
- ☐ 0.5 cup celery chopped
- ☐ 0.3 teaspoon rosemary dried crumbled
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt

- ☐ 1 teaspoon thyme leaves dried
- ☐ 8 cups water
- ☐ 1 pound peas dried split yellow rinsed

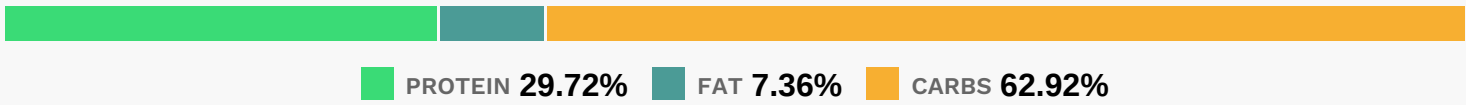
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ slow cooker

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, mix all ingredients.
- ☐ Cover and cook on low heat setting 8 to 10 hours or until peas and vegetables are tender.
- ☐ Place 2 cups of the soup in blender or food processor. Cover and blend on medium speed until smooth; pour into bowl. Repeat with 2 more cups soup. Stir all blended soup into soup in slow cooker.

Nutrition Facts



Properties

Glycemic Index:31.6, Glycemic Load:1.02, Inflammation Score:-10, Nutrition Score:20.665651995203%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg, Quercetin: 2.11mg

Nutrients (% of daily need)

Calories: 236.31kcal (11.82%), Fat: 1.98g (3.04%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 22.6g (8.22%), Sugar: 6.18g (6.87%), Cholesterol: 8.86mg (2.95%), Sodium: 493.24mg (21.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.97g (35.95%), Vitamin A: 4134.78IU (82.7%), Fiber: 15.45g

(61.81%), Manganese: 0.86mg (42.98%), Folate: 164.93µg (41.23%), Vitamin B1: 0.57mg (37.78%), Copper: 0.56mg (27.81%), Phosphorus: 263.76mg (26.38%), Potassium: 727.42mg (20.78%), Magnesium: 75.68mg (18.92%), Iron: 2.79mg (15.51%), Vitamin B3: 3.02mg (15.08%), Zinc: 2.07mg (13.77%), Vitamin K: 13.38µg (12.74%), Vitamin B5: 1.18mg (11.84%), Vitamin B6: 0.22mg (10.93%), Vitamin B2: 0.17mg (10.23%), Selenium: 5.44µg (7.77%), Calcium: 53.95mg (5.4%), Vitamin C: 3.77mg (4.58%), Vitamin D: 0.5µg (3.31%), Vitamin B12: 0.12µg (1.98%), Vitamin E: 0.27mg (1.78%)