




 **39%**
HEALTH SCORE

Smoky Split Pea and Root Vegetable Soup


 **Gluten Free**

READY IN




85 min.

SERVINGS



8

CALORIES



1291 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

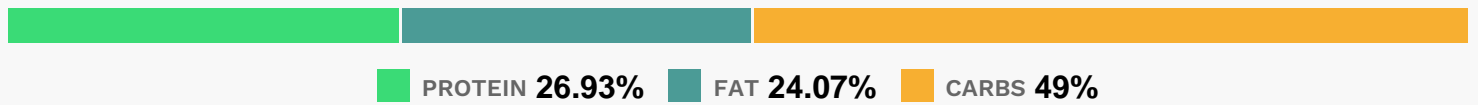
Ingredients

- 3 bay leaves
- 6 tablespoons butter
- 3 medium carrots chopped
- 11 cups chicken stock see
- 2.5 teaspoons thyme dried crumbled
- 2 medium leek white green chopped (and lite only)
- 2 teaspoons marjoram crumbled
- 1 large onion chopped

- 0.5 cup parsley fresh italian chopped
- 2 large parsnips chopped
- 3 cups peas dried split
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- 1.5 lbs pork hock smoked

Equipment

Nutrition Facts



Properties

Glycemic Index:29.98, Glycemic Load:4.67, Inflammation Score:-10, Nutrition Score:58.516086956522%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 1290.7kcal (64.53%), Fat: 34.92g (53.73%), Saturated Fat: 14.1g (88.13%), Carbohydrates: 160g (53.33%), Net Carbohydrates: 99.97g (36.35%), Sugar: 27.6g (30.66%), Cholesterol: 125.18mg (41.73%), Sodium: 812.44mg (35.32%), Protein: 87.91g (175.81%), Fiber: 60.03g (240.13%), Manganese: 3.5mg (174.94%), Folate: 678.87µg (169.72%), Vitamin B1: 1.8mg (120.12%), Vitamin K: 122.81µg (116.97%), Copper: 2.2mg (109.85%), Vitamin A: 5127.41IU (102.55%), Phosphorus: 954.43mg (95.44%), Potassium: 3145.12mg (89.86%), Iron: 13.35mg (74.17%), Magnesium: 293.06mg (73.27%), Vitamin B3: 12.29mg (61.47%), Zinc: 7.55mg (50.31%), Vitamin B2: 0.81mg (47.65%), Vitamin B5: 4.27mg (42.72%), Vitamin B6: 0.73mg (36.7%), Vitamin C: 21.82mg (26.45%), Calcium: 202.15mg (20.22%), Selenium: 11.97µg (17.1%), Vitamin E: 1.53mg (10.21%)