



Smoky Sweet Pea Soup

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



181 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 large basil leaves chopped
- ☐ 1 bay leaf
- ☐ 1 pinch pepper black freshly ground
- ☐ 1 chipotle chili pepper dried
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup gruyère cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 1 onion chopped

- ☐ 2 cups peas sweet
- ☐ 1 tablespoon red wine vinegar
- ☐ 2 sun-dried tomatoes packed in oil, drained and chopped
- ☐ 1 tablespoon vegetable bouillon
- ☐ 4 cups water

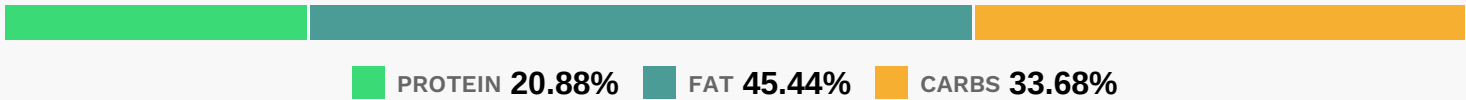
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Heat the olive oil in a large saucepan over medium-high heat.
- ☐ Add the onion, and cook until it begins to brown, about 5 minutes.
- ☐ Add the garlic, basil, and sun-dried tomatoes; cook and stir until the garlic has softened, about 2 minutes more.
- ☐ Pour in the water along with the chipotle pepper, bay leaf, bouillon, and vinegar.
- ☐ Add the peas, and bring to a boil, then reduce heat to medium-low. Simmer for 15 minutes.
- ☐ Remove the soup from the heat, and discard the chipotle pepper and bay leaf. Carefully puree the soup until silky smooth in batches in a blender, or use an immersion blender right in the saucepan.
- ☐ Serve the soup with a sprinkle of Gruyere cheese and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:69.58, Glycemic Load:3.66, Inflammation Score:-7, Nutrition Score:11.955217369225%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg 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: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 180.52kcal (9.03%), Fat: 9.26g (14.25%), Saturated Fat: 3.7g (23.1%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 10.18g (3.7%), Sugar: 6.49g (7.21%), Cholesterol: 18.15mg (6.05%), Sodium: 152.59mg (6.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.16%), Vitamin C: 32mg (38.78%), Vitamin K: 22.8µg (21.71%), Fiber: 5.27g (21.1%), Calcium: 203.3mg (20.33%), Manganese: 0.39mg (19.53%), Phosphorus: 192.55mg (19.25%), Vitamin A: 751.24IU (15.02%), Vitamin B1: 0.22mg (14.92%), Folate: 55.05µg (13.76%), Zinc: 1.66mg (11.04%), Copper: 0.2mg (10.12%), Vitamin B6: 0.19mg (9.6%), Magnesium: 37.77mg (9.44%), Vitamin B2: 0.16mg (9.19%), Vitamin B3: 1.67mg (8.35%), Potassium: 273.87mg (7.82%), Iron: 1.33mg (7.39%), Selenium: 4.11µg (5.87%), Vitamin B12: 0.26µg (4.4%), Vitamin E: 0.65mg (4.36%), Vitamin B5: 0.23mg (2.33%)