



Snap Pea Minestrone with Poached Eggs

READY IN



30 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 carrots peeled cut into small dice
- ☐ 0.5 cup seasoning cubes diced
- ☐ 4 large eggs
- ☐ 2 tsp tarragon fresh chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 1 leek light white green rinsed thinly sliced into half-moons and well
- ☐ 5 cups chicken broth reduced-sodium
- ☐ 0.5 cup parmesan cheese grated

- ☐ 0.5 cup soup noodles such as farfalline or orzo
- ☐ 0.3 tsp pepper
- ☐ 2.5 cups sugar snap peas diagonally sliced
- ☐ 1 teaspoon vinegar white

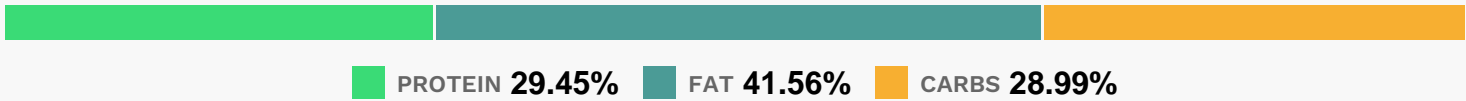
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Cook ham, carrot, leek, and green onions with butter in a large pot over medium heat until vegetables soften, about 5 minutes.
- ☐ Meanwhile, in a large saucepan, warm vinegar and 1 1/2 in. water over high heat until bubbles form on pan bottom, then reduce heat to medium-low. Break eggs into water, keeping them slightly apart. Cook until whites are firm but yolks are still soft, 3 to 4 minutes.
- ☐ Transfer eggs with a slotted spoon to a plate.
- ☐ Add broth and 1/4 tsp. pepper to vegetables. Cover and bring to a boil over high heat.
- ☐ Add pasta and boil gently, uncovered and stirring occasionally, until tender, 7 to 8 minutes. Stir in snap peas and return to a boil, then stir in 1/2 cup parmesan, 2 tsp. tarragon, and more pepper to taste.
- ☐ Ladle into bowls and top each with a poached egg.
- ☐ Serve with more cheese, tarragon, and pepper if you like.

Nutrition Facts



Properties

Glycemic Index:88.71, Glycemic Load:4, Inflammation Score:-10, Nutrition Score:22.797391103662%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 290.63kcal (14.53%), Fat: 13.79g (21.21%), Saturated Fat: 5.91g (36.92%), Carbohydrates: 21.64g (7.21%), Net Carbohydrates: 18.68g (6.79%), Sugar: 5.27g (5.85%), Cholesterol: 212.03mg (70.68%), Sodium: 606.27mg (26.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.99g (43.98%), Vitamin A: 4167.32IU (83.35%), Vitamin C: 42.29mg (51.26%), Vitamin K: 45.85µg (43.67%), Selenium: 25.26µg (36.09%), Phosphorus: 333.19mg (33.32%), Vitamin B2: 0.45mg (26.35%), Vitamin B3: 4.94mg (24.7%), Manganese: 0.47mg (23.27%), Iron: 3.92mg (21.79%), Calcium: 212.95mg (21.3%), Folate: 76.11µg (19.03%), Potassium: 623.46mg (17.81%), Vitamin B6: 0.33mg (16.55%), Copper: 0.31mg (15.46%), Vitamin B12: 0.91µg (15.24%), Vitamin B5: 1.38mg (13.83%), Zinc: 1.88mg (12.56%), Fiber: 2.97g (11.87%), Magnesium: 44.8mg (11.2%), Vitamin B1: 0.15mg (10.15%), Vitamin E: 1.27mg (8.46%), Vitamin D: 1.06µg (7.08%)