



Spanish Pea Soup with Crispy Ham

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups chicken stock see homemade
- 3 cloves garlic minced
- 6 servings kosher salt and pepper black freshly ground
- 6 servings olive oil good
- 2 pounds peas sweet frozen such as bird's eye garden
- 6 slices serrano ham italian spanish thin
- 0.5 cup shallots chopped (2 large shallots)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- pot
- blender
- immersion blender

Directions

- Watch how to make this recipe.
- In a deep (8 x 5-inch) heavy-bottomed saucepan, heat 2 tablespoons of olive oil over medium heat.
- Add the shallots and saute for 3 to 5 minutes, stirring occasionally, until tender and lightly browned.
- Add the garlic and cook for 1 more minute.
- Add the chicken stock, frozen peas, 2 teaspoons salt, and 1 teaspoon pepper and bring to a boil. Lower the heat and simmer for 5 minutes. Puree with an immersion blender until coarsely pureed. (I like it to have some texture.) Alternatively, use a blender to puree the soup 1 cup at a time.
- Pour the soup back into the pot and season to taste. Depending on the saltiness of the stock, I may add up to another teaspoon of salt and 1/2 teaspoon pepper to give the soup a very bright flavor.
- Meanwhile, preheat the oven to 425 degrees.
- Place the ham in a single layer on a sheet pan and roast for 5 to 8 minutes, until crisp.
- Reheat the soup and serve in shallow bowls with a slice of crispy ham on top.
- Drizzle with a little olive oil and serve hot.

Nutrition Facts



PROTEIN 19.4% **FAT 45.53%** **CARBS 35.07%**

Properties

Glycemic Index:22.72, Glycemic Load:6.79, Inflammation Score:-8, Nutrition Score:21.083913160407%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 350.47kcal (17.52%), Fat: 18.05g (27.77%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 31.29g (10.43%), Net Carbohydrates: 21.99g (8%), Sugar: 12.67g (14.08%), Cholesterol: 12.3mg (4.1%), Sodium: 514.24mg (22.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.61%), Vitamin C: 62.84mg (76.17%), Vitamin K: 46.59µg (44.37%), Fiber: 9.31g (37.22%), Manganese: 0.72mg (35.77%), Vitamin B1: 0.47mg (31.54%), Vitamin B3: 5.74mg (28.7%), Folate: 113.04µg (28.26%), Vitamin A: 1162.93IU (23.26%), Phosphorus: 220.78mg (22.08%), Vitamin B6: 0.44mg (22%), Vitamin B2: 0.34mg (20.08%), Copper: 0.38mg (18.78%), Potassium: 610.26mg (17.44%), Iron: 3.08mg (17.09%), Magnesium: 60.98mg (15.25%), Vitamin E: 2.27mg (15.14%), Zinc: 2.2mg (14.64%), Selenium: 6.7µg (9.57%), Calcium: 53.19mg (5.32%), Vitamin B5: 0.22mg (2.25%)