



## Split Pea and Chicken Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup carrots grated
- ☐ 5 skin-on chicken drumsticks
- ☐ 5 cups chicken stock see
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup onion chopped

- ☐ 0.5 teaspoon paprika
- ☐ 1 large potatoes   diced peeled
- ☐ 4 servings salt and pepper
- ☐ 1 scallion   chopped
- ☐ 1 cup peas   dried split

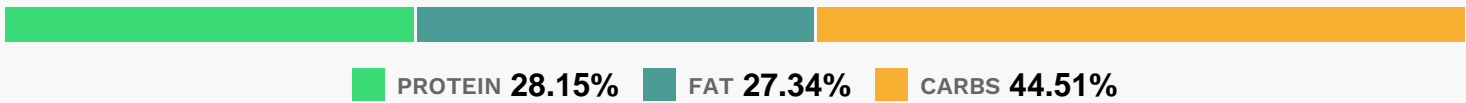
## Equipment

- ☐ pot

## Directions

- ☐ Place the peas in a large pot, cover with water and soak overnight.
- ☐ Drain the peas and set aside.In a large pot, melt the butter over medium-high heat.
- ☐ Add the onions and cook, stirring, for 2 minutes.
- ☐ Add the carrots and scallions. Cook stirring, until just soft, about 3 minutes.
- ☐ Add the garlic and cook, stirring, for 30 seconds.
- ☐ Add the chicken and cook, stirring, until beginning to brown.
- ☐ Add the drained peas, salt, pepper, and cook, stirring for 2 minutes.
- ☐ Add the chicken stock, the ground cumin and paprika. Cook stirring occasionally for 30 minutes, add the potatoes and cilantro. Cook for 30 more minutes or until the peas are tender, about 1 hour. (
- ☐ Add more water or chicken stock as needed if the soup becomes too thick.)
- ☐ Remove the skin and debone it, breaking the meat into bite sized pieces, and return the meat to the soup. Season with salt and pepper and serve.I want to thank Diana from A little Bit of Spain in Iowa for the Tasty award.

## Nutrition Facts



## Properties

Glycemic Index:67.9, Glycemic Load:13.15, Inflammation Score:-10, Nutrition Score:34.644782309947%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

## Nutrients (% of daily need)

Calories: 549.69kcal (27.48%), Fat: 16.74g (25.75%), Saturated Fat: 3.89g (24.33%), Carbohydrates: 61.33g (20.44%), Net Carbohydrates: 45.41g (16.51%), Sugar: 11.47g (12.74%), Cholesterol: 96.07mg (32.02%), Sodium: 758.8mg (32.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.79g (77.59%), Vitamin A: 5765.13IU (115.3%), Fiber: 15.92g (63.67%), Vitamin B3: 12.12mg (60.59%), Phosphorus: 490.29mg (49.03%), Manganese: 0.94mg (46.98%), Vitamin B6: 0.93mg (46.59%), Folate: 178.85µg (44.71%), Potassium: 1546.51mg (44.19%), Vitamin B1: 0.65mg (43.04%), Copper: 0.78mg (38.87%), Selenium: 26.28µg (37.54%), Vitamin B2: 0.58mg (34.12%), Vitamin K: 30.87µg (29.4%), Magnesium: 116.29mg (29.07%), Vitamin C: 23.65mg (28.66%), Zinc: 4.13mg (27.56%), Iron: 4.58mg (25.43%), Vitamin B5: 2.24mg (22.41%), Vitamin B12: 0.52µg (8.68%), Vitamin E: 1.19mg (7.92%), Calcium: 77.39mg (7.74%)