



Split Pea and Ham Soup I

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

READY IN



150 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound ham bone
- 1 cup onion chopped
- 1 pinch salt and pepper to taste
- 1 pound peas dried split
- 1 teaspoon vegetable oil

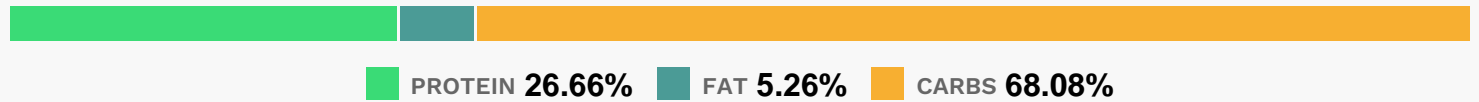
Equipment

- pot

Directions

- In a medium pot, saute onions in oil.
- Add the split peas, ham bone, and enough water to cover ingredients; season with salt and pepper.
- Cover, and cook until there are no peas left, just a green liquid, 2 hours. While it is cooking, check to see if water has evaporated. You may need to add more water as the soup continues to cook.
- Once the soup is a green liquid remove from heat, and let stand so it will thicken. Once thickened you may need to heat through to serve.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:27.445217365804%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 412.63kcal (20.63%), Fat: 2.48g (3.82%), Saturated Fat: 0.37g (2.32%), Carbohydrates: 72.19g (24.06%), Net Carbohydrates: 42.6g (15.49%), Sugar: 10.77g (11.96%), Cholesterol: 0mg (0%), Sodium: 28.3mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.28g (56.56%), Fiber: 29.6g (118.39%), Manganese: 1.63mg (81.45%), Folate: 318.31µg (79.58%), Vitamin B1: 0.84mg (56.11%), Copper: 1mg (49.88%), Phosphorus: 426.64mg (42.66%), Magnesium: 134.41mg (33.6%), Potassium: 1170.84mg (33.45%), Iron: 5.11mg (28.38%), Zinc: 3.48mg (23.21%), Vitamin B5: 2.04mg (20.43%), Vitamin K: 18.67µg (17.78%), Vitamin B3: 3.32mg (16.61%), Vitamin B2: 0.25mg (14.98%), Vitamin B6: 0.25mg (12.27%), Calcium: 71.57mg (7.16%), Vitamin C: 5mg (6.06%), Vitamin A: 169.76IU (3.4%), Selenium: 2.01µg (2.88%), Vitamin E: 0.2mg (1.35%)