



 **85%**  
HEALTH SCORE

## Split Pea and Ham Soup II

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**20 min.**

SERVINGS



**8**

CALORIES



**210 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons pepper black freshly ground
- 1 cup carrots chopped
- 2 cloves garlic minced
- 1 pound ham bone with meat attached leftover
- 1 cup onions chopped
- 1 pound peas dried split

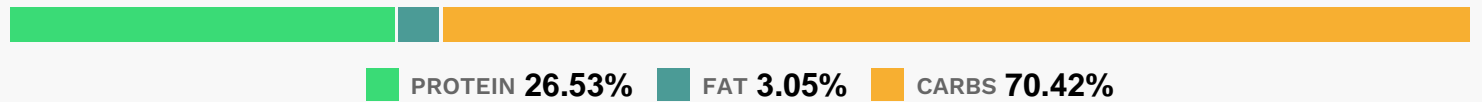
### Equipment

- pot

# Directions

- Place the ham bone in a large pot over high heat.
- Add water to cover, bring to a boil, reduce heat to low and let simmer overnight. Allow to cool and clean the stock, discarding the bone, excess fat, and any cartilage. Return any good ham meat to the pot and bring back to a boil.
- Add the onion, garlic and ground black pepper and allow to simmer for 1 hour. Then pour in the split peas and the carrots and allow to simmer for at least 1 more hour to allow the peas to break down. Stir together well and season to taste.

# Nutrition Facts



# Properties

Glycemic Index:16.98, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:17.423043510188%

# Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

# Nutrients (% of daily need)

Calories: 210.28kcal (10.51%), Fat: 0.74g (1.13%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 38.2g (12.73%), Net Carbohydrates: 22.81g (8.29%), Sugar: 6.15g (6.84%), Cholesterol: 0mg (0%), Sodium: 20.57mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.39g (28.78%), Fiber: 15.39g (61.55%), Vitamin A: 2760.64IU (55.21%), Manganese: 0.91mg (45.68%), Folate: 162.3µg (40.58%), Vitamin B1: 0.43mg (28.9%), Copper: 0.51mg (25.75%), Phosphorus: 220.86mg (22.09%), Potassium: 646.27mg (18.46%), Magnesium: 70.17mg (17.54%), Iron: 2.66mg (14.79%), Zinc: 1.79mg (11.96%), Vitamin B5: 1.08mg (10.77%), Vitamin K: 11.24µg (10.71%), Vitamin B3: 1.83mg (9.15%), Vitamin B2: 0.14mg (8.14%), Vitamin B6: 0.16mg (7.77%), Vitamin C: 3.68mg (4.46%), Calcium: 44.64mg (4.46%), Selenium: 1.15µg (1.65%), Vitamin E: 0.17mg (1.11%)