



 **93%**
HEALTH SCORE

Split Pea Soup

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

READY IN



170 min.

SERVINGS



8

CALORIES



213 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound peas dried split rinsed
- 8 cups water
- 1 cup onion chopped
- 1 cup celery stalks finely chopped
- 0.3 teaspoon pepper
- 1 ham bone
- 3 medium carrots cut into 1/4-inch slices (1 1/2 cups)

Equipment

dutch oven

Directions

In 4-quart Dutch oven, mix split peas, water, onion, celery and pepper.

Add ham bone.

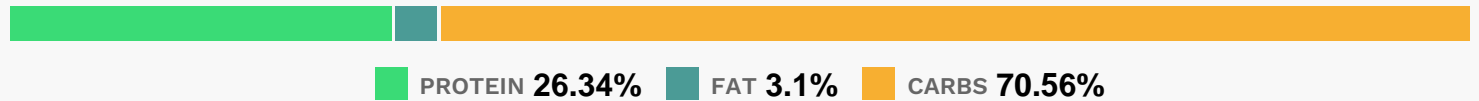
Heat to boiling; reduce heat. Cover and simmer about 1 hour 30 minutes or until peas are tender.

Remove ham bone; remove ham from bone. Trim excess fat from ham; cut ham into 1/2-inch pieces.

Stir ham and carrots into soup.

Heat to boiling; reduce heat. Cover and simmer about 30 minutes or until carrots are tender and soup is desired consistency.

Nutrition Facts



Properties

Glycemic Index:17.23, Glycemic Load:1.2, Inflammation Score:-10, Nutrition Score:19.034347694853%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 212.65kcal (10.63%), Fat: 0.76g (1.16%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 38.7g (12.9%), Net Carbohydrates: 23.05g (8.38%), Sugar: 6.64g (7.38%), Cholesterol: 0mg (0%), Sodium: 47.03mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.45g (28.89%), Vitamin A: 3963.41IU (79.27%), Fiber: 15.66g (62.63%), Manganese: 0.87mg (43.41%), Folate: 168.06µg (42.01%), Vitamin B1: 0.44mg (29.24%), Copper: 0.55mg (27.61%), Phosphorus: 224.45mg (22.45%), Potassium: 692.27mg (19.78%), Magnesium: 73.81mg (18.45%), Iron: 2.65mg (14.74%), Vitamin K: 15.12µg (14.4%), Zinc: 1.84mg (12.24%), Vitamin B5: 1.12mg (11.16%), Vitamin B3: 1.93mg (9.64%), Vitamin B2: 0.15mg (8.7%), Vitamin B6: 0.16mg (8.19%), Calcium: 55.76mg (5.58%), Vitamin C: 4.24mg (5.14%), Vitamin E: 0.24mg (1.6%), Selenium: 1.08µg (1.55%)