

Split Pea Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



109 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup baking potato diced peeled (1 medium)
- ☐ 0.7 cup carrots diced (2 medium)
- ☐ 0.5 cup celery diced (2 stalks)
- ☐ 0.3 cup basil fresh minced
- ☐ 3 garlic cloves minced
- ☐ 16 ounce peas dried split green rinsed drained
- ☐ 2 slices lower-salt ham finely chopped reduced-fat
- ☐ 1 tablespoon butter reduced-calorie

- ☐ 1.5 cups onion minced
- ☐ 2 tablespoons oregano fresh minced
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 8 cups water

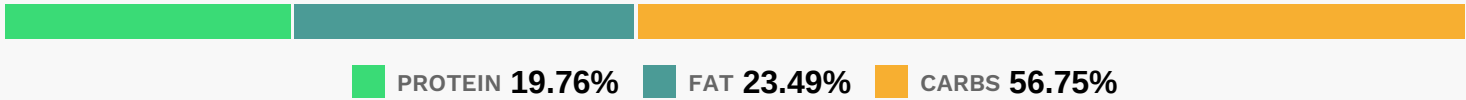
Equipment

- ☐ dutch oven

Directions

- ☐ Heat margarine in a large Dutch oven over medium heat until margarine is melted; add onion and next 3 ingredients. Cook 10 minutes or until vegetables are tender, stirring constantly.
- ☐ Add water, split peas, and potato. Bring to a boil; cover, reduce heat, and simmer 1 hour or until peas are tender.
- ☐ Stir in basil and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:46.49, Glycemic Load:5.31, Inflammation Score:-10, Nutrition Score:12.087391370017%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 109.36kcal (5.47%), Fat: 2.95g (4.55%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 11.14g (4.05%), Sugar: 5.23g (5.81%), Cholesterol: 4.34mg (1.45%), Sodium: 347.14mg (15.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.19%), Vitamin A: 2369.01IU (47.38%), Vitamin C:

27.04mg (32.78%), Vitamin K: 28.8µg (27.43%), Manganese: 0.42mg (21.11%), Fiber: 4.92g (19.69%), Vitamin B1: 0.23mg (15.44%), Folate: 52.58µg (13.14%), Vitamin B6: 0.25mg (12.75%), Phosphorus: 102.49mg (10.25%), Copper: 0.19mg (9.63%), Potassium: 336.27mg (9.61%), Vitamin B3: 1.88mg (9.39%), Iron: 1.64mg (9.11%), Magnesium: 35.02mg (8.76%), Vitamin B2: 0.12mg (7.18%), Zinc: 1.07mg (7.13%), Calcium: 61.08mg (6.11%), Selenium: 3.08µg (4.4%), Vitamin E: 0.48mg (3.23%), Vitamin B5: 0.24mg (2.38%)