



Split Pea Soup



Gluten Free



Dairy Free



Popular

READY IN



120 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 carrots diced
- ☐ 2 stalks celery diced
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon grainy mustard
- ☐ 1 ham bone
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon oil

- ☐ 1 onion diced
- ☐ 6 servings salt to taste
- ☐ 1 pound peas split picked over
- ☐ 1 teaspoon thyme leaves chopped
- ☐ 6 cups vegetable broth

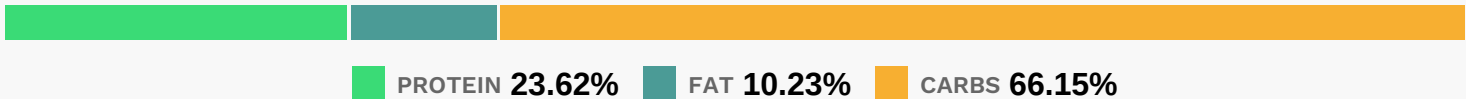
Equipment

- ☐ pot
- ☐ immersion blender

Directions

- ☐ Heat the oil in a large pot over medium heat, add the onions, carrots and celery and cook until tender, about 10–15 minutes.
- ☐ Add the garlic and thyme and cook until fragrant, about a minute.
- ☐ Add the liquid, split peas, ham bone and bay leaves, bring to a boil, reduce the heat and simmer until the spit peas are soft and just starting to fall apart, about 1–2 hours.
- ☐ Remove the ham bone and bay leaves, season with salt, pepper and cayenne to taste, mix in the mustard and lemon juice and optionally puree with hand blender to desired consistency.

Nutrition Facts



Properties

Glycemic Index:48.31, Glycemic Load:2.74, Inflammation Score:-10, Nutrition Score:25.7047824134%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

Nutrients (% of daily need)

Calories: 318.07kcal (15.9%), Fat: 3.75g (5.77%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 54.58g (18.19%), Net Carbohydrates: 33.47g (12.17%), Sugar: 10.28g (11.42%), Cholesterol: 0mg (0%), Sodium: 1005.1mg (43.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.48g (38.96%), Vitamin A: 4922.43IU (98.45%), Fiber: 21.11g (84.43%), Manganese: 1.19mg (59.7%), Folate: 222.32µg (55.58%), Vitamin B1: 0.59mg (39.17%), Copper: 0.69mg (34.52%), Phosphorus: 303.01mg (30.3%), Potassium: 920.94mg (26.31%), Magnesium: 97.89mg (24.47%), Iron: 3.76mg (20.9%), Vitamin K: 20.95µg (19.95%), Zinc: 2.46mg (16.39%), Vitamin B5: 1.46mg (14.58%), Vitamin B3: 2.65mg (13.26%), Vitamin B6: 0.26mg (12.87%), Vitamin B2: 0.21mg (12.36%), Vitamin C: 7.7mg (9.33%), Vitamin E: 1.26mg (8.4%), Calcium: 65.96mg (6.6%), Selenium: 2.55µg (3.64%)