



Split Pea Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



255 min.

SERVINGS



8

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 allspice
- ☐ 2 bay leaves
- ☐ 2 carrots diced
- ☐ 3 ribs celery diced
- ☐ 1.5 cups ham diced
- ☐ 3 tablespoons mint leaves fresh minced
- ☐ 1 pound peas dried split green rinsed
- ☐ 6 cups chicken broth low-sodium

- ☐ 1 onion chopped
- ☐ 8 servings salt and pepper
- ☐ 10 peppercorns whole

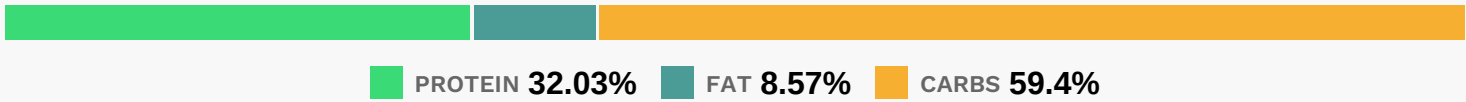
Equipment

- ☐ bowl
- ☐ ladle
- ☐ slow cooker
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Loosely wrap bay leaves, allspice berries, peppercorns and cloves in cheesecloth and tie securely with kitchen string.
- ☐ Place in slow cooker.
- ☐ Add split peas, ham, onion, celery and carrots. Stir in chicken broth.
- ☐ Cover and cook on high until peas are falling apart, about 4 hours.
- ☐ Remove and discard cheesecloth. Stir in mint and season with salt and pepper to taste. Ladle into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:19.1, Glycemic Load:0.85, Inflammation Score:-9, Nutrition Score:19.476521782253%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.53mg, Apigenin: 0.53mg, Apigenin: 0.53mg, Apigenin: 0.53mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 260.29kcal (13.01%), Fat: 2.59g (3.98%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 40.35g (13.45%), Net Carbohydrates: 24.79g (9.01%), Sugar: 6.65g (7.39%), Cholesterol: 11.45mg (3.82%), Sodium: 557.77mg (24.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.52%), Fiber: 15.56g (62.24%), Vitamin A: 2781.99IU (55.64%), Manganese: 0.89mg (44.3%), Folate: 168.49µg (42.12%), Copper: 0.61mg (30.36%), Vitamin B1: 0.43mg (28.86%), Phosphorus: 275.21mg (27.52%), Potassium: 829.47mg (23.7%), Vitamin B3: 4.31mg (21.56%), Magnesium: 73.66mg (18.42%), Iron: 3.25mg (18.05%), Vitamin K: 14.89µg (14.18%), Zinc: 1.99mg (13.25%), Vitamin B2: 0.2mg (11.85%), Vitamin B5: 1.1mg (11%), Vitamin B6: 0.17mg (8.42%), Calcium: 58.31mg (5.83%), Vitamin C: 4.04mg (4.89%), Vitamin B12: 0.18µg (2.95%), Selenium: 1.06µg (1.51%), Vitamin E: 0.2mg (1.31%)