



Split Pea Soup



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



8

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 2 carrots finely chopped
- ☐ 2 large stalks celery finely chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 pound peas dried green picked over rinsed
- ☐ 8 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 onion finely chopped

☐ 8 servings salt and pepper

Equipment

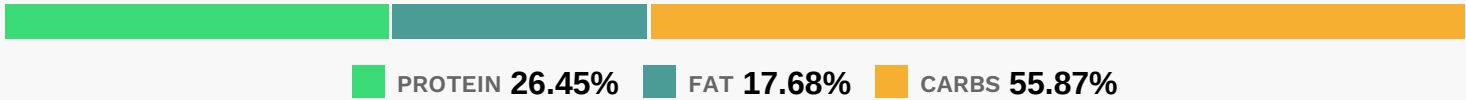
☐ pot

☐ blender

Directions

- ☐ Warm olive oil in a large, heavy-bottom pot over medium-high heat.
- ☐ Add onion, carrots and celery and cook, covered, for 10 minutes, stirring occasionally.
- ☐ Stir in remaining ingredients and bring to boil. Reduce heat to medium-low and simmer, uncovered, stirring occasionally, until peas are soft, about 45 to 50 minutes.
- ☐ Puree soup in a blender in small batches.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:13.23, Glycemic Load:0.81, Inflammation Score:-9, Nutrition Score:19.699130586956%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg

Nutrients (% of daily need)

Calories: 275.41kcal (13.77%), Fat: 5.65g (8.69%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 40.15g (13.38%), Net Carbohydrates: 24.85g (9.04%), Sugar: 6.28g (6.98%), Cholesterol: 0mg (0%), Sodium: 292.27mg (12.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.01g (38.02%), Fiber: 15.31g (61.22%), Vitamin A: 2680.47IU (53.61%), Manganese: 0.85mg (42.25%), Folate: 164.66µg (41.16%), Copper: 0.63mg (31.39%), Phosphorus: 290.18mg (29.02%), Vitamin B1: 0.43mg (28.7%), Vitamin B3: 5.07mg (25.36%), Potassium: 854.7mg (24.42%), Magnesium: 72.03mg (18.01%), Iron: 3.21mg (17.81%), Vitamin K: 16.4µg (15.62%), Zinc: 2.02mg (13.47%), Vitamin B2: 0.21mg (12.43%), Vitamin B5: 1.08mg (10.8%), Vitamin B6: 0.17mg (8.39%), Calcium: 54.26mg (5.43%), Vitamin E: 0.69mg

(4.6%), Vitamin C: 3.28mg (3.98%), Vitamin B12: 0.24µg (3.93%), Selenium: 1.03µg (1.48%)