



Split Pea Soup



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



630 min.

SERVINGS



8

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 carrots chopped
- ☐ 3 stalks celery chopped
- ☐ 1 pinch marjoram dried
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1.5 pounds ham bone
- ☐ 2 onions thinly sliced
- ☐ 1 potatoes diced
- ☐ 0.5 teaspoon salt

- ☐ 2.3 cups peas dried split
- ☐ 2 quarts water cold

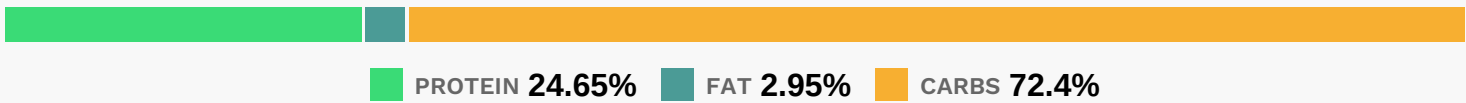
Equipment

- ☐ pot

Directions

- ☐ In a large stock pot, cover peas with 2 quarts cold water and soak overnight. If you need a faster method, simmer the peas gently for 2 minutes, and then soak for 1 hour.
- ☐ Once peas are soaked, add ham bone, onion, salt, pepper and marjoram. Cover, bring to boil and then simmer for 1 1/2 hours, stirring occasionally.
- ☐ Remove bone; cut off meat, dice and return meat to soup.
- ☐ Add celery, carrots and potatoes. Cook slowly, uncovered for 30 to 40 minutes, or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:27.7, Glycemic Load:4.77, Inflammation Score:-10, Nutrition Score:20.449565270673%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg, Quercetin: 5.88mg

Nutrients (% of daily need)

Calories: 232.41kcal (11.62%), Fat: 0.79g (1.21%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 43.42g (14.47%), Net Carbohydrates: 27.29g (9.92%), Sugar: 7.1g (7.89%), Cholesterol: 0mg (0%), Sodium: 196.07mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.78g (29.56%), Vitamin A: 3982.91IU (79.66%), Fiber: 16.13g (64.51%), Manganese: 0.91mg (45.51%), Folate: 171.4µg (42.85%), Vitamin B1: 0.45mg (30.33%), Copper: 0.58mg (28.75%), Phosphorus: 238.03mg (23.8%), Potassium: 810.74mg (23.16%), Magnesium: 79.89mg (19.97%), Iron: 2.93mg (16.27%), Vitamin K: 16.94µg (16.14%), Zinc: 1.9mg (12.64%), Vitamin B6: 0.25mg (12.61%), Vitamin C: 10.16mg (12.31%),

Vitamin B5: 1.19mg (11.87%), Vitamin B3: 2.19mg (10.96%), Vitamin B2: 0.16mg (9.26%), Calcium: 63.49mg (6.35%),
Selenium: 1.2µg (1.71%), Vitamin E: 0.25mg (1.68%)