

Split Pea Soup Atu

 Gluten Free

READY IN



120 min.

SERVINGS



16

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 2 tablespoons chicken powder
- ☐ 6 cups chicken broth
- ☐ 4 teaspoons dill weed dried
- ☐ 0.5 teaspoon ground pepper white
- ☐ 2 ham hocks
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon pepper sauce hot

- ☐ 2 potatoes diced peeled
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 2 tablespoons soya sauce
- ☐ 2 cups peas dried split
- ☐ 8 cups water
- ☐ 2 cups milk whole

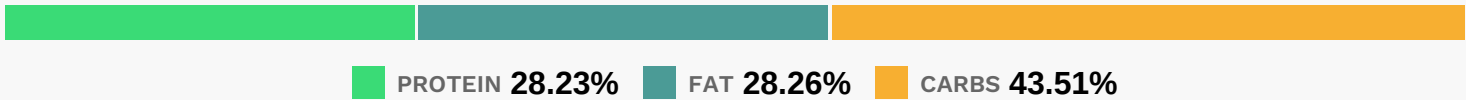
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ In a large stock pot, add split green peas, chicken broth, water, hot pepper sauce, ham hocks, chopped onion, diced potatoes, bay leaves, dried dill weed, white pepper, chicken soup base, soy sauce and red pepper flakes and bring to boil. Reduce heat and simmer, covered for about 1 hour, stirring occasionally.
- ☐ Remove ham hocks and trim off fat.
- ☐ Remove ham from bone and cut into small pieces and return to pot. Simmer soup, covered for 30 minutes.
- ☐ Remove 6 cups of soup and puree in a food processor or blender and return to pot. Stir in milk and bring back to a boil and then serve.

Nutrition Facts



Properties

Glycemic Index:10.23, Glycemic Load:4.1, Inflammation Score:-4, Nutrition Score:9.5286956325821%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 204.58kcal (10.23%), Fat: 6.48g (9.96%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 15.36g (5.59%), Sugar: 4.47g (4.96%), Cholesterol: 28.67mg (9.56%), Sodium: 682.9mg (29.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.56g (29.12%), Fiber: 7.08g (28.3%), Manganese: 0.46mg (23.04%), Folate: 73.7µg (18.42%), Vitamin B1: 0.24mg (16.14%), Potassium: 519.78mg (14.85%), Phosphorus: 147.27mg (14.73%), Copper: 0.28mg (14.13%), Magnesium: 43.4mg (10.85%), Iron: 1.93mg (10.7%), Vitamin B2: 0.17mg (9.71%), Vitamin B6: 0.16mg (7.97%), Vitamin C: 6.44mg (7.81%), Calcium: 73.72mg (7.37%), Zinc: 1.05mg (7.01%), Vitamin B3: 1.34mg (6.72%), Vitamin B5: 0.65mg (6.55%), Vitamin K: 4.26µg (4.06%), Vitamin B12: 0.18µg (3.07%), Vitamin A: 122.68IU (2.45%), Selenium: 1.65µg (2.35%), Vitamin D: 0.34µg (2.24%)