



Split Pea Soup with Cheddar Toasts

READY IN



500 min.

SERVINGS



8

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 8.5 inch country bread
- ☐ 3 carrots cut into 2-inch pieces
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 16 oz peas dried split green picked over rinsed
- ☐ 2 leeks light white green finely chopped
- ☐ 1 teaspoon salt
- ☐ 0.5 cup cheddar shredded
- ☐ 2 ham hocks smoked

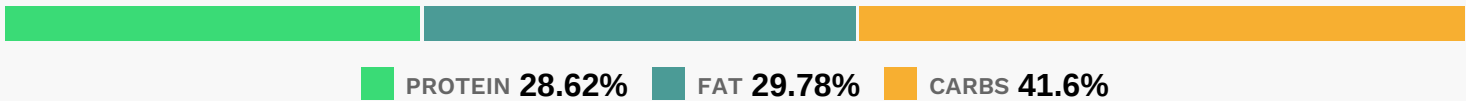
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ aluminum foil
- ☐ slow cooker

Directions

- ☐ Place split peas, ham hocks, carrots, leeks, bay leaf, parsley and salt in slow cooker. Stir in 6 cups water, cover and cook on low until peas are tender and ham is falling off the bone, 6 to 8 hours.
- ☐ Remove ham hocks, shred meat and return to cooker to keep warm.
- ☐ Preheat oven to 400F; line a rimmed baking sheet with foil.
- ☐ Sprinkle cheese over bread slices.
- ☐ Place on baking sheet and toast until cheese is melted and bubbling, 1 to 2 minutes. Ladle soup into bowls, top each with a cheese toast, and serve.

Nutrition Facts



Properties

Glycemic Index:24.56, Glycemic Load:2.36, Inflammation Score:-10, Nutrition Score:23.174347702576%

Flavonoids

Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 392.62kcal (19.63%), Fat: 13.09g (20.14%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 41.16g (13.72%), Net Carbohydrates: 25.49g (9.27%), Sugar: 6.68g (7.42%), Cholesterol: 53.39mg (17.8%), Sodium: 485.68mg (21.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.31g (56.63%), Vitamin A: 4506.43IU (90.13%), Fiber: 15.67g (62.69%), Vitamin K: 52.75µg (50.24%), Manganese: 0.97mg (48.3%), Folate: 180.59µg (45.15%), Vitamin B1: 0.45mg (30.32%), Copper: 0.54mg (26.87%), Phosphorus: 260.24mg (26.02%), Potassium: 845.2mg (24.15%), Iron: 3.97mg (22.05%), Magnesium: 78.15mg (19.54%), Zinc: 2.1mg (13.98%), Calcium: 116.54mg (11.65%), Vitamin B5: 1.15mg (11.49%), Vitamin B2: 0.18mg (10.69%), Vitamin B3: 2.13mg (10.66%), Vitamin B6: 0.19mg (9.59%), Vitamin C: 7.55mg (9.15%), Selenium: 3.93µg (5.62%), Vitamin E: 0.48mg (3.19%), Vitamin B12: 0.07µg (1.25%)