



## Split Pea Soup with Ham Hocks

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 carrots diced finely
- 2 celery stalks diced finely
- 2 quarts chicken stock see
- 0.3 cup olive oil
- 1 large onion diced finely
- 6 servings salt and pepper black freshly ground
- 1.5 pound ham hock smoked
- 1 pound peas split rinsed

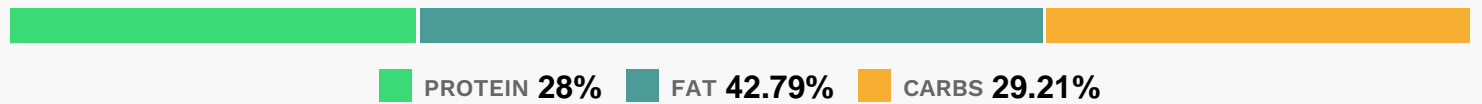
# Equipment

- sauce pan

# Directions

- In a large saucepan, saute onion, celery and carrots over medium-high heat.
- Add peas and ham hock and cover with stock by a couple inches. Bring to a simmer and cook about 1 hour until soup is thick and peas have almost disintegrated but not quite. Season, to taste, with salt and pepper.
- Remove ham hock and let cool. Pull meat from ham hock bone and shred.
- Garnish with ham and pepper.

# Nutrition Facts



# Properties

Glycemic Index:22.97, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:29.104347353396%

# Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg, Quercetin: 5.12mg

# Nutrients (% of daily need)

Calories: 841.63kcal (42.08%), Fat: 39.82g (61.27%), Saturated Fat: 12.03g (75.21%), Carbohydrates: 61.16g (20.39%), Net Carbohydrates: 40.84g (14.85%), Sugar: 13.07g (14.53%), Cholesterol: 133.07mg (44.36%), Sodium: 762.23mg (33.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 58.63g (117.26%), Fiber: 20.32g (81.27%), Vitamin A: 3526.03IU (70.52%), Folate: 232.02µg (58.01%), Manganese: 1.13mg (56.35%), Vitamin B1: 0.68mg (45.64%), Potassium: 1595.47mg (45.58%), Copper: 0.85mg (42.29%), Phosphorus: 376.71mg (37.67%), Vitamin B3: 7.4mg (37.01%), Iron: 6.02mg (33.47%), Vitamin B2: 0.45mg (26.48%), Magnesium: 104.81mg (26.2%), Vitamin K: 20.35µg (19.38%), Vitamin B6: 0.38mg (19.17%), Zinc: 2.81mg (18.74%), Vitamin B5: 1.42mg (14.2%), Selenium: 8.31µg (11.86%), Vitamin E: 1.6mg (10.68%), Calcium: 87.25mg (8.72%), Vitamin C: 5.08mg (6.16%)