



HEALTH SCORE

85%

Split Pea Soup with Pumpernickel Croutons



Dairy Free



Very Healthy

READY IN



240 min.

SERVINGS



6

CALORIES



1083 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 5 cups cubes pumpernickel bread (from a)
- ☐ 4 large carrots
- ☐ 2 rib celery chopped
- ☐ 2 meaty ham hocks ()
- ☐ 1 teaspoon kosher salt
- ☐ 5 tablespoons olive oil
- ☐ 1 large onion chopped

- ☐ 1 cup peas frozen thawed (not)
- ☐ 2.3 cups peas dried split picked over rinsed
- ☐ 1 teaspoon salt
- ☐ 16 cups water

Equipment

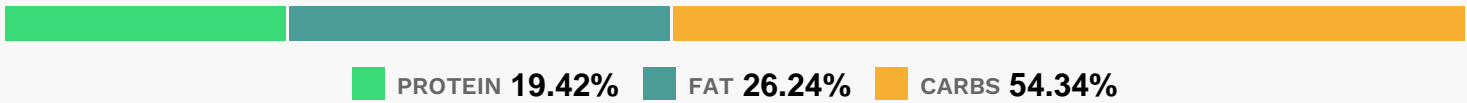
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Simmer ham hocks in 16 cups water in a deep 6-quart pot, uncovered, until meat is tender, 1 1/2 to 2 hours.
- ☐ Transfer ham hocks to a cutting board and measure broth: If it measures more than 12 cups, continue boiling until reduced; if less, add enough water to total 12 cups. When hocks are cool enough to handle, discard skin and cut meat into 1/4-inch pieces (reserve bones).
- ☐ Chop 2 carrots and cook along with onion and celery in 2 tablespoons oil in a 6- to 8-quart heavy pot over moderate heat, stirring, until softened, 6 to 8 minutes.
- ☐ Add split peas, table salt, pepper, ham hock broth, and reserved bones and simmer, uncovered, stirring occasionally, until peas are falling apart and soup is slightly thickened, about 1 1/2 hours.
- ☐ Put oven rack in middle position and preheat oven to 400°F.
- ☐ While soup simmers, toss bread with remaining 3 tablespoons oil and kosher salt in a large bowl, then spread in 1 layer in a large shallow baking pan and bake until crisp, about 10 minutes. Cool croutons in pan on a rack.
- ☐ Halve remaining 2 carrots lengthwise, then cut crosswise into 1/4-inch-thick slices.
- ☐ Remove bones from soup with a slotted spoon and discard.

- ☐ Add carrots and ham pieces to soup and simmer, uncovered, until carrots are tender, 10 to 15 minutes.
- ☐ Add frozen peas and simmer, uncovered, stirring, until just heated through, about 3 minutes. Season with salt.
- ☐ Serve soup with croutons.
- ☐ · Croutons can be made 3 days ahead and cooled completely, then kept in an airtight container at room temperature. · Soup is best when made, without frozen peas, 1 day ahead (to give flavors time to develop). Cool completely, uncovered, then chill, covered. Reheat and, if necessary, thin with water. Stir in frozen peas while reheating.

Nutrition Facts



Properties

Glycemic Index:39.69, Glycemic Load:48.25, Inflammation Score:-10, Nutrition Score:48.896087148915%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg, Quercetin: 5.18mg

Nutrients (% of daily need)

Calories: 1083.32kcal (54.17%), Fat: 31.91g (49.09%), Saturated Fat: 7.45g (46.57%), Carbohydrates: 148.72g (49.57%), Net Carbohydrates: 113.9g (41.42%), Sugar: 11.67g (12.96%), Cholesterol: 61.77mg (20.59%), Sodium: 2170.35mg (94.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.14g (106.28%), Manganese: 3.81mg (190.67%), Vitamin A: 8316.28IU (166.33%), Fiber: 34.83g (139.3%), Folate: 415.49µg (103.87%), Vitamin B1: 1.29mg (85.91%), Selenium: 50.1µg (71.57%), Copper: 1.38mg (69.11%), Phosphorus: 671.68mg (67.17%), Iron: 10.48mg (58.23%), Magnesium: 214.16mg (53.54%), Vitamin B2: 0.83mg (48.65%), Vitamin B3: 9.23mg (46.17%), Potassium: 1594.08mg (45.55%), Zinc: 5.67mg (37.77%), Vitamin K: 31.98µg (30.45%), Vitamin B6: 0.51mg (25.73%), Calcium: 233.69mg (23.37%), Vitamin B5: 2.28mg (22.84%), Vitamin E: 2.93mg (19.53%), Vitamin C: 15.69mg (19.02%)