



Split Pea Soup with Rosemary



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 slices bacon cut into 1 inch pieces
- ☐ 2 bay leaves
- ☐ 1 large carrots chopped
- ☐ 42 ounce chicken broth canned
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1.5 cups peas split green
- ☐ 1 leek thinly sliced

☐ 1 small onion chopped

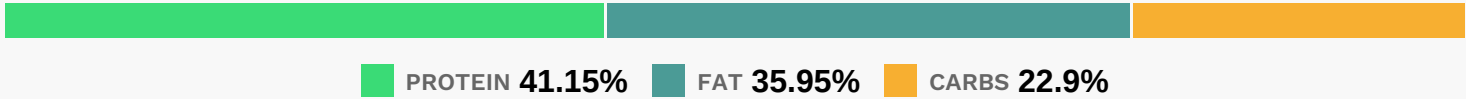
Equipment

☐ pot

Directions

- ☐ Place bacon in a large pot, and cook over medium heat until crisp. Stir in onion, leek, carrot, and garlic; cook until the vegetables are soft, about 8 minutes.
- ☐ Pour in chicken broth. Stir in split peas, bay leaves, and rosemary. Bring to a boil. Reduce heat to low; cover, and simmer until peas are cooked, about 1 hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:22.64, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:28.527391293774%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 647.06kcal (32.35%), Fat: 25.47g (39.19%), Saturated Fat: 7.49g (46.79%), Carbohydrates: 36.5g (12.17%), Net Carbohydrates: 23.11g (8.4%), Sugar: 5.59g (6.21%), Cholesterol: 113.74mg (37.91%), Sodium: 1121.44mg (48.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 65.6g (131.21%), Selenium: 42.09µg (60.12%), Vitamin A: 2687.64IU (53.75%), Fiber: 13.39g (53.57%), Phosphorus: 529.91mg (52.99%), Zinc: 6.78mg (45.22%), Manganese: 0.81mg (40.53%), Folate: 153.01µg (38.25%), Vitamin B3: 7.27mg (36.35%), Vitamin B12: 2.09µg (34.91%), Vitamin B6: 0.6mg (29.97%), Vitamin B1: 0.44mg (29.5%), Iron: 5.26mg (29.2%), Copper: 0.57mg (28.29%), Potassium: 916.76mg (26.19%), Magnesium: 104.05mg (26.01%), Vitamin B2: 0.34mg (19.88%), Vitamin K: 20.32µg (19.36%), Vitamin B5: 1.06mg (10.62%), Calcium: 73.51mg (7.35%), Vitamin E: 0.99mg (6.62%), Vitamin C: 4.57mg (5.54%), Vitamin D: 0.29µg (1.91%)