



Split Pea Soup with Tofu



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



140 min.

SERVINGS



8

CALORIES



194 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup carrots diced peeled
- ☐ 1 tablespoon basil dried
- ☐ 3 cloves garlic pressed
- ☐ 1 tablespoon olive oil
- ☐ 1 pound peas split green dry
- ☐ 4 small potatoes diced red
- ☐ 8 servings salt and pepper to taste
- ☐ 6 ounce pkt spinach fresh finely chopped

- ☐ 16 ounce spicy tofu soft
- ☐ 4 cups vegetable broth
- ☐ 1 onion white finely chopped

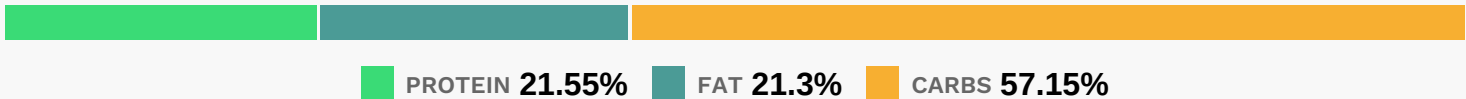
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Heat the olive oil in a skillet over medium heat, and saute the onion and garlic until tender.
- ☐ In a large pot, mix the onion mixture, potatoes, carrots, and split peas.
- ☐ Pour in the vegetable broth. Bring to a boil, reduce heat to low, and simmer 1 hour.
- ☐ In a blender or food processor, blend the tofu and spinach until creamy, and mix into the pot. Season with basil, salt, and pepper. Continue cooking 1 hour. If the soup becomes too thick, add water.
- ☐ Serve hot and enjoy.

Nutrition Facts



Properties

Glycemic Index:30.02, Glycemic Load:3.98, Inflammation Score:-10, Nutrition Score:21.836086864057%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg, Kaempferol: 1.49mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 194.19kcal (9.71%), Fat: 4.75g (7.31%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 28.69g (9.56%), Net Carbohydrates: 22.2g (8.07%), Sugar: 6.93g (7.7%), Cholesterol: 0mg (0%), Sodium: 713.19mg (31.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.82g (21.64%), Vitamin K: 131.03µg (124.79%), Vitamin A: 5360.78IU (107.22%), Vitamin C: 38.28mg (46.4%), Manganese: 0.65mg (32.6%), Fiber: 6.49g (25.97%), Folate: 100.64µg (25.16%), Potassium: 732.73mg (20.94%), Iron: 3.27mg (18.15%), Vitamin B1: 0.26mg (17.05%), Vitamin B6: 0.34mg (17.05%), Magnesium: 61.34mg (15.34%), Calcium: 136.41mg (13.64%), Phosphorus: 136.18mg (13.62%), Copper: 0.27mg (13.4%), Vitamin B3: 2.52mg (12.61%), Vitamin B2: 0.16mg (9.51%), Zinc: 1.21mg (8.05%), Vitamin E: 0.93mg (6.19%), Vitamin B5: 0.38mg (3.81%), Selenium: 1.92µg (2.74%)