



Spring Pea Soup

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



55 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 oz chicken broth low sodium canned
- 0.5 cup knudsen cream light sour
- 2 Tbsp mint leaves fresh chopped
- 0.5 cup lite house dressing italian kraft
- 18 oz peas and pearl onions frozen
- 2 cups potatoes cubed peeled (1 inch)

Equipment

- bowl

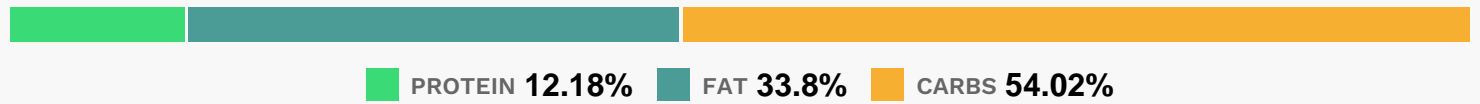
sauce pan

blender

Directions

- Mix all ingredients except sour cream in large saucepan. Bring to boil on medium-high heat. Reduce heat to medium-low; simmer 15 min. or until vegetables are tender.
- Transfer vegetable mixture to blender container in small batches; cover. Blend until smooth; pour into medium bowl. Repeat until all of the vegetable mixture is pureed. Stir in sour cream.
- Serve warm sprinkled with mint.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:3.21, Inflammation Score:-2, Nutrition Score:2.4608695876339%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 54.76kcal (2.74%), Fat: 2.13g (3.28%), Saturated Fat: 0.64g (4%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 6.76g (2.46%), Sugar: 1.94g (2.16%), Cholesterol: 2.01mg (0.67%), Sodium: 77.35mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin C: 6.15mg (7.46%), Potassium: 177.83mg (5.08%), Vitamin B6: 0.1mg (5.08%), Vitamin B3: 0.81mg (4.05%), Phosphorus: 36.36mg (3.64%), Vitamin K: 3.82µg (3.64%), Fiber: 0.91g (3.63%), Manganese: 0.07mg (3.44%), Copper: 0.06mg (2.77%), Folate: 9.02µg (2.26%), Magnesium: 8.78mg (2.19%), Vitamin B1: 0.03mg (2.14%), Vitamin B2: 0.03mg (1.93%), Calcium: 19.24mg (1.92%), Iron: 0.33mg (1.82%), Zinc: 0.18mg (1.19%), Vitamin B12: 0.06µg (1.06%), Vitamin E: 0.15mg (1.02%)