



Spring Pea Soup

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



6

CALORIES



291 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings prosciutto bits fresh finely sliced
- 6 servings pepper black freshly ground
- 0.8 cup celery diced
- 2.3 cups chicken stock see mixed with 2 1/4 cups water
- 0.1 teaspoon powdered ascorbic acid crushed (1 tablet vitamin C)
- 3 tablespoons flat-leaf parsley fresh italian coarsely chopped
- 1 teaspoon thyme leaves fresh minced
- 1 clove garlic crushed

- 0.5 cup heavy cream
- 1.5 cups leek white green sliced
- 3 tablespoons olive oil extra-virgin
- 4.5 cups peas english shelled ()
- 6 servings sea salt

Equipment

- bowl
- sauce pan
- blender

Directions

- Heat the olive oil in a large saucepan over moderate heat.
- Add the garlic and let it sizzle for about 1 minute, then add the sliced white and pale green parts of the leek and celery. Stir often while cooking until the vegetables soften, about 8 minutes. Do not let them color. Then pour the diluted stock into the saucepan and bring to a simmer.
- Add the cream to the vegetable mixture and bring to a simmer.
- Add the peas and return to a simmer. Adjust the heat to maintain a gentle simmer and cook until the peas are just tender, about 8 minutes.
- Add the parsley and thyme and simmer for 1 minute longer, then remove from the heat.
- Transfer in batches to a blender with the ascorbic acid and puree, adding more of the stock-water mixture as needed to thin the soup to a pleasing consistency.
- Pour soup into a bowl set in an ice bath and stir until cooled. (we want to cool it down as quickly as possible)
- Serve soup with optional garnishes.

Nutrition Facts

  

 PROTEIN **12.87%**  FAT **54.9%**  CARBS **32.23%**

Properties

Glycemic Index:41.22, Glycemic Load:5.23, Inflammation Score:-9, Nutrition Score:19.436956485976%

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 Apigenin: 4.68mg, Apigenin: 4.68mg, Apigenin: 4.68mg, Apigenin: 4.68mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 291.27kcal (14.56%), Fat: 18.12g (27.87%), Saturated Fat: 7.13g (44.54%), Carbohydrates: 23.93g (7.98%), Net Carbohydrates: 16.98g (6.17%), Sugar: 9.64g (10.71%), Cholesterol: 32.19mg (10.73%), Sodium: 352.95mg (15.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.56g (19.12%), Vitamin K: 79.31µg (75.53%), Vitamin C: 50.32mg (60.99%), Vitamin A: 1813.45IU (36.27%), Manganese: 0.6mg (29.9%), Fiber: 6.95g (27.8%), Folate: 98.71µg (24.68%), Vitamin B1: 0.35mg (23.08%), Vitamin B3: 3.89mg (19.43%), Phosphorus: 175.63mg (17.56%), Vitamin B2: 0.3mg (17.39%), Vitamin B6: 0.32mg (16.06%), Copper: 0.28mg (14.16%), Iron: 2.55mg (14.16%), Potassium: 483.12mg (13.8%), Magnesium: 51.53mg (12.88%), Vitamin E: 1.66mg (11.06%), Zinc: 1.64mg (10.93%), Calcium: 78.92mg (7.89%), Selenium: 5.33µg (7.61%), Vitamin B5: 0.28mg (2.8%), Vitamin D: 0.32µg (2.12%)