



Spring Pea Soup with Frizzled Ham

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices deli forest ham black thin
- ☐ 1 cup croutons
- ☐ 0.3 cup half and half
- ☐ 2 tablespoons olive oil
- ☐ 4 cups peas frozen (from 2 10-oz. packages)
- ☐ 4 servings salt and pepper
- ☐ 1 shallots finely chopped
- ☐ 2 cups vegetable broth low-sodium

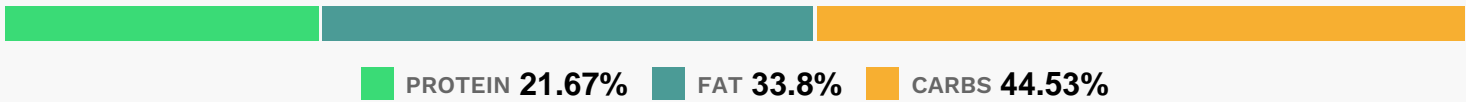
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Warm 1 Tbsp. oil in a large saucepan over medium-high heat.
- ☐ Add shallot and cook, stirring, until softened, about 3 minutes.
- ☐ Add peas, broth and 1 cup water and bring to a boil over high heat. Reduce heat to medium and cook until peas are very soft, about 5 minutes.
- ☐ Remove from heat and let cool slightly, about 5 minutes. Working in batches if necessary, puree soup in a blender and return to saucepan. Stir in half-and-half and season generously with salt and pepper. Keep warm over medium-low heat.
- ☐ Warm remaining oil in a large nonstick skillet over high heat until hot. Saut ham in batches until browned and curled around the edges, turning once, about 1 minute total.
- ☐ Transfer to a paper towel-lined plate to drain.
- ☐ Ladle soup into bowls. Tear ham into bite-size pieces and add some to each bowl. Scatter croutons over soup and serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.58, Glycemic Load:9.54, Inflammation Score:-8, Nutrition Score:18.189565211535%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 271.63kcal (13.58%), Fat: 10.32g (15.88%), Saturated Fat: 2.25g (14.04%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 21.24g (7.72%), Sugar: 10.84g (12.05%), Cholesterol: 20.41mg (6.8%), Sodium: 553.59mg (24.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.89g (29.77%), Vitamin C: 58.64mg (71.07%), Vitamin K: 40.42µg (38.5%), Fiber: 9.35g (37.41%), Manganese: 0.65mg (32.55%), Vitamin B1: 0.44mg (29.38%), Folate: 106.73µg (26.68%), Vitamin A: 1163.04IU (23.26%), Phosphorus: 183.34mg (18.33%), Vitamin B3: 3.47mg (17.34%), Iron: 2.91mg (16.19%), Vitamin B2: 0.24mg (14.26%), Potassium: 484.05mg (13.83%), Vitamin B6: 0.28mg (13.81%), Copper: 0.27mg (13.72%), Magnesium: 53.01mg (13.25%), Zinc: 1.95mg (12.99%), Selenium: 5.98µg (8.55%), Vitamin E: 1.24mg (8.25%), Calcium: 60.64mg (6.06%), Vitamin B5: 0.24mg (2.45%)