






 **24%**
HEALTH SCORE

St. Patrick's Day Low Fat Slow Cooker Split Pea Soup With Bacon

 **Gluten Free**  **Dairy Free**

READY IN

370 min.

SERVINGS

10

CALORIES

993 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

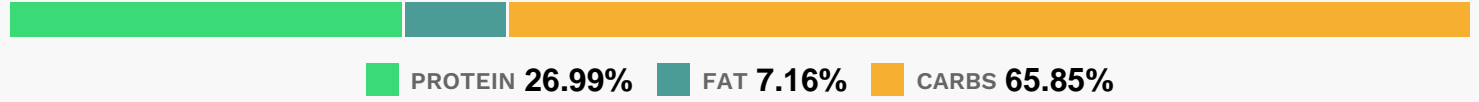
- 4.3 ounces bacon 50%
- 2 bay leaves
- 2 cups carrots sliced chopped
- 3 tablespoons salt
- 32 ounce peas dried split
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1l cups water

1 small onion white finely chopped

Equipment

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.96, Inflammation Score:-10, Nutrition Score:52.792173913043%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 992.64kcal (49.63%), Fat: 8.1g (12.47%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 167.58g (55.86%), Net Carbohydrates: 97.34g (35.4%), Sugar: 23.28g (25.87%), Cholesterol: 8.11mg (2.7%), Sodium: 2246.04mg (97.65%), Protein: 68.68g (137.36%), Fiber: 70.24g (280.96%), Manganese: 3.84mg (191.99%), Folate: 751.94µg (187.98%), Vitamin B1: 2.03mg (135.32%), Copper: 2.42mg (120.98%), Phosphorus: 1024.79mg (102.48%), Vitamin A: 4688.17IU (93.76%), Magnesium: 320.91mg (80.23%), Potassium: 2786.85mg (79.62%), Iron: 12.22mg (67.92%), Zinc: 8.44mg (56.28%), Vitamin B5: 4.93mg (49.31%), Vitamin B3: 8.62mg (43.08%), Vitamin K: 42.87µg (40.83%), Vitamin B2: 0.61mg (35.99%), Vitamin B6: 0.55mg (27.52%), Calcium: 169.63mg (16.96%), Selenium: 6.89µg (9.84%), Vitamin C: 6.94mg (8.41%), Vitamin E: 0.47mg (3.12%), Vitamin B12: 0.06µg (1.02%)