



## Summer Pea Soup

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



217 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 3 Tbsp shallots minced
- ☐ 1.5 tablespoons butter unsalted
- ☐ 2 cups vegetable broth low sodium (for vegetarian option)
- ☐ 2 sprigs mint leaves
- ☐ 1 pound peas frozen (available at Trader Joe's)
- ☐ 0.3 cup heavy cream
- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 4 servings crème fraîche (sour with cream) diluted for garnish (can substitute cream

☐ 1 Strips mint leaves fresh for garnish

Equipment

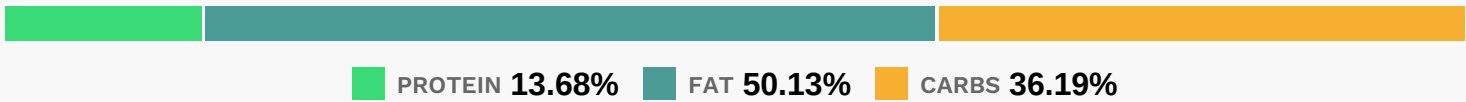
☐ sauce pan

☐ blender

Directions

- ☐ Cook the shallots in butter: In a medium saucepan (2 1/2 to 3 quart) melt the butter on medium heat.
- ☐ Add shallots and cook until softened, but not browned, a couple minutes.
- ☐ Add the broth and mint sprigs to the shallots, increase the heat and bring to a boil.
- ☐ Add the frozen peas and salt and pepper to taste. Return to a boil, reduce heat and simmer until the peas are just tender, 3–5 minutes.
- ☐ Discard the mint and purée the soup in a blender until completely smooth.
- ☐ Blend in the cream. Taste and correct seasoning.
- ☐ Reheat to serve warm, or chill to serve cold.
- ☐ Serve garnished with crème fraîche and mint strips.

Nutrition Facts



Properties

Glycemic Index:18.58, Glycemic Load:4.68, Inflammation Score:-8, Nutrition Score:14.11217384753%

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 Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Nutrients (% of daily need)

Calories: 217.26kcal (10.86%), Fat: 12.42g (19.11%), Saturated Fat: 7.41g (46.34%), Carbohydrates: 20.18g (6.73%), Net Carbohydrates: 12.91g (4.7%), Sugar: 8.37g (9.3%), Cholesterol: 35.18mg (11.73%), Sodium: 208.91mg (9.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.25%), Vitamin C: 46.4mg (56.24%), Fiber: 7.27g (29.07%), Vitamin K: 29.21µg (27.82%), Vitamin A: 1324.28IU (26.49%), Manganese: 0.5mg (24.89%), Vitamin B1: 0.31mg (20.83%), Folate: 78.59µg (19.65%), Phosphorus: 146.52mg (14.65%), Vitamin B3: 2.42mg (12.1%), Vitamin B2: 0.2mg (11.95%), Vitamin B6: 0.23mg (11.44%), Copper: 0.21mg (10.67%), Magnesium: 41.95mg (10.49%), Zinc: 1.52mg (10.17%), Iron: 1.82mg (10.12%), Potassium: 336.44mg (9.61%), Calcium: 56.26mg (5.63%), Selenium: 3.07µg (4.39%), Vitamin E: 0.45mg (3.03%), Vitamin B5: 0.23mg (2.26%), Vitamin D: 0.32µg (2.11%)