



 **52%**
HEALTH SCORE

Super Quick Pea and Mint Soup

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups chicken stock see
- 3 sprigs mint leaves (leaves only)
- 1 cup peas frozen
- 1 serving salt and pepper

Equipment

Nutrition Facts



■ PROTEIN 27.42% ■ FAT 17.84% ■ CARBS 54.74%

Properties

Glycemic Index:44.33, Glycemic Load:5.59, Inflammation Score:-8, Nutrition Score:21.766956521739%

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: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg

Nutrients (% of daily need)

Calories: 249.15kcal (12.46%), Fat: 4.93g (7.58%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 34.03g (11.34%), Net Carbohydrates: 25.53g (9.28%), Sugar: 13.91g (15.45%), Cholesterol: 10.8mg (3.6%), Sodium: 716.77mg (31.16%), Protein: 17.04g (34.09%), Vitamin C: 59.67mg (72.33%), Vitamin B3: 8.77mg (43.85%), Vitamin K: 36.68µg (34.93%), Vitamin B1: 0.51mg (34.28%), Fiber: 8.51g (34.02%), Manganese: 0.63mg (31.51%), Vitamin B2: 0.51mg (29.73%), Folate: 115.67µg (28.92%), Phosphorus: 255.99mg (25.6%), Vitamin A: 1247.49IU (24.95%), Vitamin B6: 0.47mg (23.43%), Copper: 0.46mg (22.98%), Potassium: 748.91mg (21.4%), Iron: 3.04mg (16.9%), Magnesium: 64.66mg (16.16%), Zinc: 2.34mg (15.57%), Selenium: 10.53µg (15.04%), Calcium: 54.46mg (5.45%), Vitamin E: 0.3mg (1.98%), Vitamin B5: 0.16mg (1.61%)