






 **15%**
HEALTH SCORE

Uncle Bill's Fresh Young Pea & Vegetable Soup

 **Gluten Free**

READY IN

39 min.

SERVINGS

8

CALORIES

281 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons butter
- 4 small carrots washed and sliced 1/
- 1 cup cauliflower
- 1.5 cups rib celery stalks chopped
- 3 tablespoons chicken stock cube
- 4 cups chicken broth
- 1 tablespoon olive oil extra virgin

- 3 tablespoons dill dried fresh finely chopped
- 2 tablespoons parsley dried fresh finely chopped
- 3 large garlic clove chopped
- 2 small spring onion chopped
- 6 tablespoons potatoes
- 1 medium onion chopped
- 2 cups peas fresh (petite)
- 3 potatoes white washed and cubed 1/4 inch
- 0.5 large bell pepper diced sweet red seeded
- 0.5 teaspoon lawry's seasoned salt
- 4 cups water hot
- 0.5 cup whipping cream
- 0.8 teaspoon pepper white

Equipment

- pot

Directions

- In a cooking pot on medium-high heat, melt butter and add olive oil.
- Add chopped onions and saute' on medium-high heat for 5 minutes.
- Add garlic and saute' for another 2 minutes.
- Add chicken broth and water and bring to boil.
- Add chicken soup base, cubed nugget potatoes, and cook for 4 minutes.
- Add carrots, dill weed, parsley and continue to cook for another 5 minutes or until carrots are just tender, but still firm.
- Add cauliflower, celery, young peas, red pepper, green onion, white pepper, seasoning salt, Idaho potato flakes and cook for another 3 to 4 minutes.Reduce heat and add whipping cream slowly, stirring all the while when adding.Adjust seasonings to taste.
- Remove soup from heat and let stand for 10 minutes before serving.Refrigerate any unused portions.

Nutrition Facts

PROTEIN 10.37% FAT 38.52% CARBS 51.11%

Properties

Glycemic Index:51.24, Glycemic Load:13.26, Inflammation Score:-10, Nutrition Score:22.084782833638%

Flavonoids

Apigenin: 23.79mg, Apigenin: 23.79mg, Apigenin: 23.79mg, Apigenin: 23.79mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg, Isorhamnetin: 2.35mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 280.56kcal (14.03%), Fat: 12.45g (19.15%), Saturated Fat: 6.57g (41.08%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 30.11g (10.95%), Sugar: 7.43g (8.25%), Cholesterol: 30.69mg (10.23%), Sodium: 1153.23mg (50.14%), Alcohol: 0g (100%), Protein: 7.54g (15.08%), Vitamin A: 5417.33IU (108.35%), Vitamin C: 64.15mg (77.76%), Vitamin K: 41.57µg (39.59%), Manganese: 0.6mg (29.92%), Fiber: 7.06g (28.22%), Vitamin B6: 0.56mg (28.12%), Potassium: 922.02mg (26.34%), Vitamin B1: 0.35mg (23.48%), Folate: 79.72µg (19.93%), Vitamin B3: 3.27mg (16.36%), Phosphorus: 162.03mg (16.2%), Vitamin B2: 0.27mg (15.88%), Magnesium: 62.34mg (15.59%), Iron: 2.43mg (13.51%), Copper: 0.26mg (13.02%), Calcium: 106.41mg (10.64%), Vitamin B5: 0.89mg (8.93%), Zinc: 1.18mg (7.87%), Vitamin E: 1.14mg (7.58%), Selenium: 4.47µg (6.39%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.06µg (1.03%)