



Vegan Split Pea Soup I



Vegetarian



Vegan



Dairy Free



Popular

READY IN



190 min.

SERVINGS



10

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup barley
- ☐ 1 bay leaf
- ☐ 3 carrots chopped
- ☐ 3 stalks celery chopped
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground pepper black

- ☐ 1 onion chopped
- ☐ 0.5 cup parsley chopped
- ☐ 3 potatoes diced
- ☐ 1.5 teaspoons salt
- ☐ 2 cups peas dried split
- ☐ 1 tablespoon vegetable oil
- ☐ 7.5 cups water

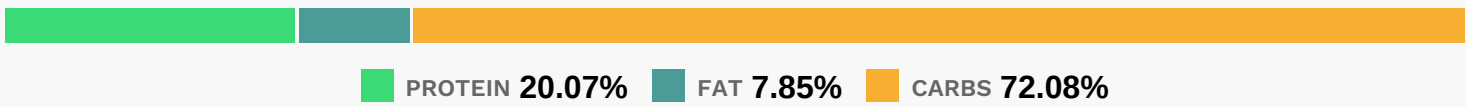
Equipment

- ☐ pot

Directions

- ☐ In a large pot over medium high heat, saute the oil, onion, bay leaf and garlic for 5 minutes, or until onions are translucent.
- ☐ Add the peas, barley, salt and water. Bring to a boil and reduce heat to low. Simmer for 2 hours, stirring occasionally.
- ☐ Add the carrots, celery, potatoes, parsley, basil, thyme and ground black pepper. Simmer for another hour, or until the peas and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:11.02, Inflammation Score:-10, Nutrition Score:21.956956448762%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Apigenin: 6.81mg, Apigenin: 6.81mg, Apigenin: 6.81mg, Apigenin: 6.81mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 244.69kcal (12.23%), Fat: 2.2g (3.38%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 45.46g (15.15%), Net Carbohydrates: 31.34g (11.4%), Sugar: 5.26g (5.84%), Cholesterol: 0mg (0%), Sodium: 393.13mg (17.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.32%), Vitamin A: 3429.54IU (68.59%), Vitamin K: 66.7µg (63.52%), Fiber: 14.12g (56.48%), Manganese: 0.92mg (46.02%), Folate: 134.73µg (33.68%), Vitamin B1: 0.42mg (28.07%), Copper: 0.51mg (25.57%), Vitamin C: 19.86mg (24.08%), Potassium: 826.34mg (23.61%), Phosphorus: 220.91mg (22.09%), Magnesium: 81.02mg (20.25%), Vitamin B6: 0.35mg (17.45%), Iron: 3mg (16.68%), Vitamin B3: 2.52mg (12.59%), Zinc: 1.77mg (11.82%), Vitamin B5: 1.02mg (10.2%), Vitamin B2: 0.16mg (9.22%), Selenium: 4.55µg (6.5%), Calcium: 59.64mg (5.96%), Vitamin E: 0.39mg (2.63%)