

Vegan Split Pea Soup II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



143 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



1 carrots chopped



1 stalk celery chopped



1 teaspoon curry powder



1 tablespoon olive oil extra virgin



1 small onion chopped



1 teaspoon salt



4 cups water



1 cup peas split yellow

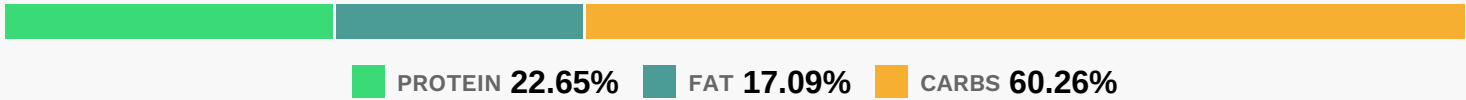
Equipment

☐ sauce pan

Directions

- ☐ Heat olive oil in a large saucepan. Cook and stir carrot, onion, celery and curry for about 5 minutes.
- ☐ Add the water, peas and salt. Simmer, stirring occasionally, for 45 to 50 minutes, or until very thick.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:0.6, Inflammation Score:-8, Nutrition Score:10.757826131323%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg 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: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 143.44kcal (7.17%), Fat: 2.81g (4.32%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 13.2g (4.8%), Sugar: 3.7g (4.11%), Cholesterol: 0mg (0%), Sodium: 413.43mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Fiber: 9.07g (36.29%), Vitamin A: 1780.82IU (35.62%), Manganese: 0.51mg (25.42%), Folate: 97.03µg (24.26%), Vitamin B1: 0.25mg (16.85%), Copper: 0.32mg (16.2%), Phosphorus: 129.88mg (12.99%), Potassium: 394.24mg (11.26%), Magnesium: 43.31mg (10.83%), Vitamin K: 9.84µg (9.37%), Iron: 1.64mg (9.1%), Zinc: 1.07mg (7.14%), Vitamin B5: 0.64mg (6.36%), Vitamin B3: 1.09mg (5.47%), Vitamin B2: 0.08mg (4.96%), Vitamin B6: 0.09mg (4.7%), Vitamin E: 0.53mg (3.51%), Calcium: 33.35mg (3.34%), Vitamin C: 2.3mg (2.79%)