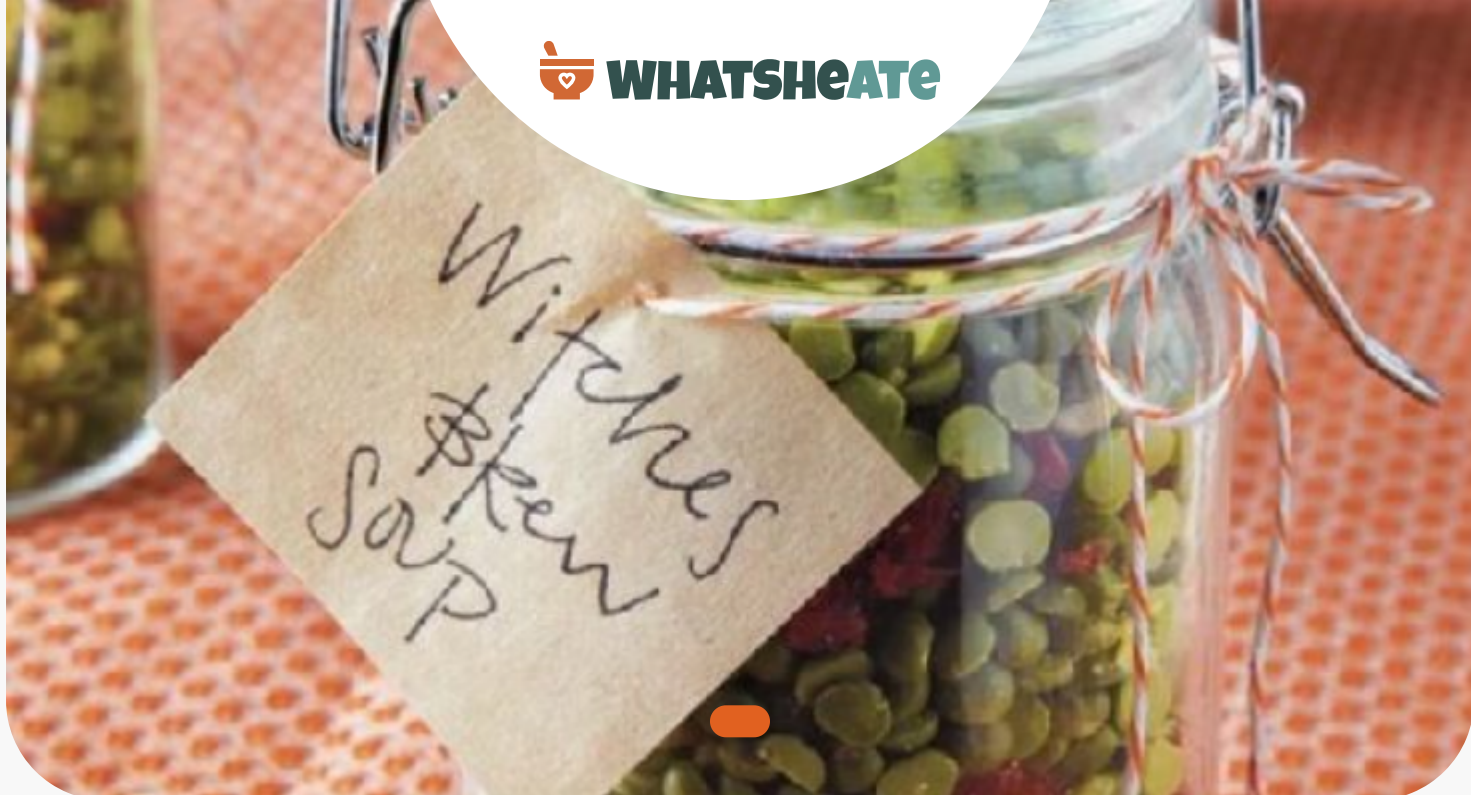




Witches' Brew Soup Mix

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups peas dried split green yellow
- ☐ 1 cup sun-dried olives chopped
- ☐ 2 tablespoons chicken soup base
- ☐ 2 teaspoons basil dried
- ☐ 2 teaspoons thyme leaves dried
- ☐ 2 teaspoons garlic powder
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 teaspoon vegetable oil

- ☐ 1 cup onion chopped
- ☐ 2 cups finely-chopped ham cooked chopped
- ☐ 9 cups water

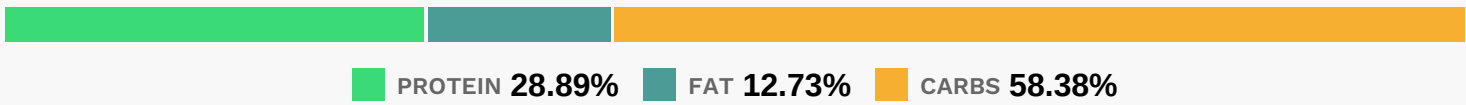
Equipment

- ☐ sauce pan

Directions

- ☐ In glass jar or decorative Halloween gift bag, layer soup mix ingredients. Store tightly covered at room temperature up to 2 months.
- ☐ In 3-quart saucepan, heat oil over medium-high heat. Cook onion in oil 5 to 6 minutes, stirring frequently, until tender.
- ☐ Add ham, water and soup mix.
- ☐ Heat to boiling; reduce heat. Cover; simmer 1 hour or until peas are tender.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:3.05, Inflammation Score:-9, Nutrition Score:27.830869653951%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg, Quercetin: 5.41mg

Nutrients (% of daily need)

Calories: 354.69kcal (17.73%), Fat: 5.23g (8.04%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 53.93g (17.98%), Net Carbohydrates: 34.08g (12.39%), Sugar: 13.6g (15.11%), Cholesterol: 27.71mg (9.24%), Sodium: 882.22mg (38.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.69g (53.37%), Fiber: 19.85g (79.39%), Manganese: 1.4mg (70.14%), Vitamin B1: 0.79mg (52.83%), Folate: 200.98µg (50.25%), Copper: 0.96mg (47.98%), Phosphorus: 432.38mg (43.24%), Potassium: 1452.14mg (41.49%), Magnesium: 130.92mg (32.73%), Iron: 5.47mg (30.41%), Vitamin B3: 5.01mg (25.03%), Vitamin C: 20.22mg (24.51%), Vitamin K: 25.16µg (23.96%), Zinc: 3.33mg (22.22%),

Vitamin B2: 0.34mg (20.24%), Vitamin B5: 1.93mg (19.26%), Vitamin B6: 0.33mg (16.48%), Selenium: 10.38µg (14.83%), Calcium: 90.87mg (9.09%), Vitamin B12: 0.54µg (8.93%), Vitamin A: 294.62IU (5.89%), Vitamin E: 0.18mg (1.21%)