



 **48%**
HEALTH SCORE

Ww Herbed Spilt Pea Soup

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



4

CALORIES



595 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots peeled chopped
- 1 teaspoon marjoram dried
- 2 garlic clove minced
- 0.5 cup ham
- 2 teaspoons olive oil
- 1 onion chopped
- 0.1 teaspoon pepper
- 0.1 teaspoon salt

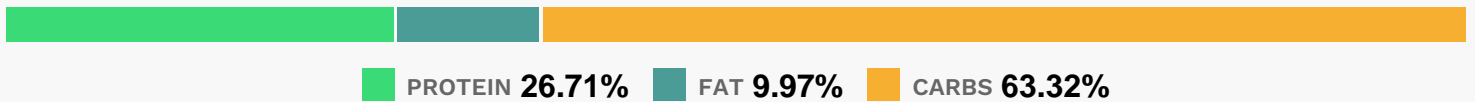
- 1 cup peas dried split rinsed
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- 14.5 ounce vegetable stock canned
- 2 cups water

Equipment

Directions

1. Heat the oil in a saucepan, saute the onion, carrot, and garlic until softened 5 minutes.
2. Add the split peas water and broth, and bring to a boil. Cover, reduce the heat and simmer until the peas are tender, approxiamtely 1 hour.
3. Stir in the remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:45.21, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:40.533043478261%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 595.14kcal (29.76%), Fat: 6.76g (10.4%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 96.55g (32.18%), Net Carbohydrates: 57.5g (20.91%), Sugar: 15.32g (17.02%), Cholesterol: 10.85mg (3.62%), Sodium: 742.01mg (32.26%), Protein: 40.74g (81.48%), Fiber: 39.06g (156.22%), Vitamin A: 5537.41IU (110.75%), Manganese: 2.17mg (108.57%), Folate: 416.5µg (104.13%), Vitamin B1: 1.21mg (80.92%), Copper: 1.34mg (67.15%), Phosphorus: 599.34mg (59.93%), Potassium: 1644.49mg (46.99%), Magnesium: 181.4mg (45.35%), Iron: 6.91mg (38.39%), Zinc: 5mg (33.36%),

Vitamin B5: 2.8mg (28.04%), Vitamin B3: 5.39mg (26.97%), Vitamin K: 27.05µg (25.76%), Vitamin B2: 0.38mg (22.55%), Vitamin B6: 0.42mg (20.89%), Calcium: 105.98mg (10.6%), Selenium: 6.72µg (9.6%), Vitamin C: 6.97mg (8.45%), Vitamin E: 0.69mg (4.62%), Vitamin B12: 0.11µg (1.87%)