



## Yellow-Green Split Pea Soup

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black divided freshly ground
- 1 tablespoon buttermilk
- 0.8 cup carrots chopped ( 1 large)
- 3 cups less-sodium chicken broth fat-free divided
- 2 garlic cloves minced
- 0.8 cup peas split green
- 1 tablespoon soya sauce low-sodium divided
- 2 tablespoons olive oil

- 2 cups onion chopped ( 2 medium)
- 0.5 teaspoon salt divided
- 2 tablespoons cup heavy whipping cream sour
- 3 cups water divided
- 0.8 cup peas split yellow

## Equipment

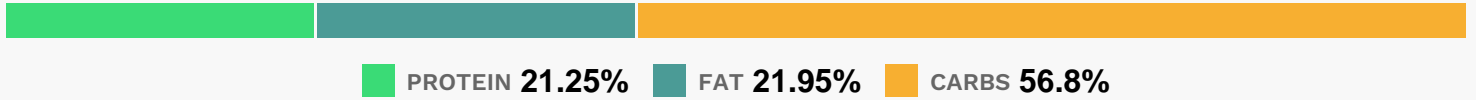
- bowl
- frying pan
- sauce pan
- whisk
- blender

## Directions

- Heat oil in a large saucepan over medium heat.
- Add onion and carrot; saut 5 minutes. Stir in 1/4 teaspoon salt and garlic; saut 1 minute.
- Remove half of onion mixture to another large saucepan.
- Add yellow peas to 1 pan; add 1/8 teaspoon salt, 1 1/2 cups water, 1 1/2 cups broth, and 1 1/2 teaspoons soy sauce.
- Add green peas, remaining 1/8 teaspoon salt, remaining 1 1/2 cups water, remaining 1 1/2 cups broth, and remaining 1 1/2 teaspoons soy sauce to onion mixture in second pan. Bring both pans to a boil; cover, reduce heat, and simmer 45 minutes or just until peas are tender. Stir 1/8 teaspoon pepper into each pan. Cool slightly.
- Pour yellow pea soup into blender; process on low speed until smooth. Return to pan. Repeat procedure with green pea soup, returning to other pan. Carefully pour about 2/3 cup each of yellow pea soup and green pea soup into individual bowls at the same time, so that soup pours evenly from each side, creating 2 colors in each bowl.
- Combine sour cream and buttermilk; stir well with a whisk.
- Drizzle sour cream mixture over each serving.
- Garnish with chopped chives, if desired.

Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:27.81, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:17.927391455225%

### Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg, Quercetin: 10.88mg

### Nutrients (% of daily need)

Calories: 254.32kcal (12.72%), Fat: 6.4g (9.84%), Saturated Fat: 1.21g (7.53%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 23.27g (8.46%), Sugar: 7.41g (8.24%), Cholesterol: 2.63mg (0.88%), Sodium: 784.63mg (34.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.93g (27.86%), Fiber: 13.97g (55.9%), Vitamin A: 2777IU (55.54%), Manganese: 0.83mg (41.45%), Folate: 150.84µg (37.71%), Vitamin B1: 0.41mg (27.05%), Copper: 0.5mg (25.09%), Phosphorus: 225.06mg (22.51%), Potassium: 669.22mg (19.12%), Magnesium: 69.1mg (17.27%), Iron: 2.59mg (14.41%), Vitamin K: 12.5µg (11.9%), Vitamin B3: 2.32mg (11.6%), Vitamin B5: 1.15mg (11.5%), Zinc: 1.7mg (11.35%), Vitamin B6: 0.21mg (10.36%), Vitamin B2: 0.17mg (10.12%), Vitamin C: 6.13mg (7.42%), Calcium: 62.78mg (6.28%), Vitamin E: 0.86mg (5.75%), Selenium: 3.97µg (5.67%), Vitamin B12: 0.25µg (4.11%)