



Yellow Split Pea and Potato Soup

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



443 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon vegetable oil hot
- 1.5 cups bell pepper red chopped
- 1 cup onion chopped
- 1 cup carrots diced
- 1 teaspoon ginger finely chopped
- 2 cloves garlic finely chopped
- 1.5 cups peas dried split yellow rinsed
- 2 medium potatoes peeled cut into 1-inch cubes

- 1 jalapeno red seeded finely chopped
- 1 tablespoon curry powder
- 0.5 teaspoon salt
- 2 cups chicken broth
- 14 oz coconut milk canned (not cream of coconut)
- 0.3 cup yogurt plain
- 2 tablespoons cilantro leaves fresh chopped
- 0.3 teaspoon lime zest grated

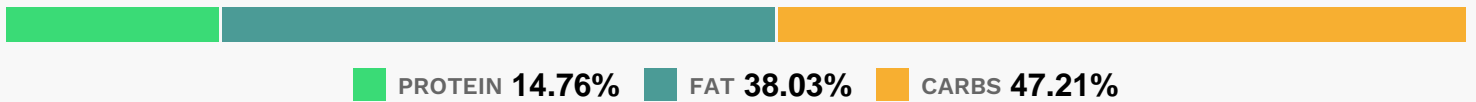
Equipment

- bowl
- sauce pan

Directions

- In 3-quart saucepan, heat oil over medium-high heat. Cook bell pepper, onion, carrot, gingerroot, garlic and chili in oil, stirring occasionally, until onion is tender.
- Stir in all remaining soup ingredients.
- Heat to boiling; reduce heat. Cover and simmer 25 to 35 minutes or until peas and potatoes are tender.
- In small bowl, mix all sauce ingredients until blended. Top each serving with sauce.

Nutrition Facts



Properties

Glycemic Index:61.26, Glycemic Load:11.09, Inflammation Score:-10, Nutrition Score:30.890434699214%

Flavonoids

Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 442.89kcal (22.14%), Fat: 19.6g (30.15%), Saturated Fat: 14.76g (92.26%), Carbohydrates: 54.75g (18.25%), Net Carbohydrates: 36.94g (13.43%), Sugar: 11.55g (12.83%), Cholesterol: 3.34mg (1.11%), Sodium: 530.52mg (23.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.12g (34.23%), Vitamin A: 4861.82IU (97.24%), Vitamin C: 71.56mg (86.74%), Manganese: 1.61mg (80.43%), Fiber: 17.81g (71.24%), Folate: 186.33µg (46.58%), Copper: 0.73mg (36.69%), Potassium: 1206.17mg (34.46%), Vitamin B1: 0.5mg (33.65%), Phosphorus: 334.04mg (33.4%), Magnesium: 113.07mg (28.27%), Vitamin B6: 0.53mg (26.38%), Iron: 4.51mg (25.03%), Vitamin K: 19.26µg (18.34%), Vitamin B3: 3.54mg (17.68%), Zinc: 2.52mg (16.78%), Vitamin B2: 0.25mg (14.8%), Vitamin B5: 1.48mg (14.78%), Vitamin E: 1.35mg (9.01%), Selenium: 6.24µg (8.91%), Calcium: 88.78mg (8.88%), Vitamin B12: 0.07µg (1.1%)