



100%

HEALTH SCORE


Yellow Split Pea Soup

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



575 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

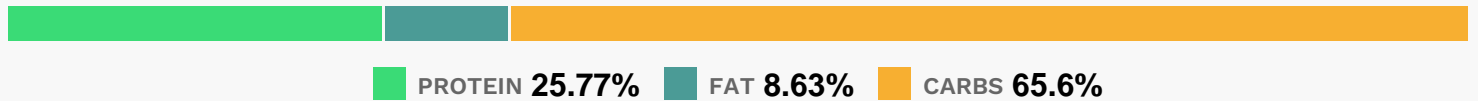
Ingredients

- 0.3 teaspoon pepper black
- 1 cup broccoli
- 1 cup carrots
- 1 cup cauliflower
- 0.1 teaspoon ground pepper
- 1 teaspoon cumin
- 1 teaspoon curry powder
- 0.3 teaspoon ginger

- 1 cup green beans
- 1 tablespoon olive oil
- 1 cup peas split yellow dry ()
- 1 cup peas split yellow dry ()
- 1 cup peas split yellow dry ()
- 0.5 teaspoon salt
- 0.3 teaspoon turmeric
- 4 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:62.71, Glycemic Load:2.12, Inflammation Score:-10, Nutrition Score:44.362173913043%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 574.7kcal (28.73%), Fat: 5.71g (8.79%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 97.61g (32.54%), Net Carbohydrates: 56.93g (20.7%), Sugar: 15.12g (16.8%), Cholesterol: 0mg (0%), Sodium: 364.44mg (15.85%), Protein: 38.36g (76.72%), Fiber: 40.68g (162.73%), Vitamin A: 5930.85IU (118.62%), Manganese: 2.31mg (115.57%), Folate: 449.07µg (112.27%), Vitamin B1: 1.15mg (76.63%), Copper: 1.38mg (69.14%), Vitamin K: 66.69µg (63.52%), Phosphorus: 592.93mg (59.29%), Potassium: 1777.47mg (50.78%), Magnesium: 195.07mg (48.77%), Vitamin C: 39.76mg (48.19%), Iron: 7.76mg (43.12%), Zinc: 4.83mg (32.17%), Vitamin B5: 3.04mg (30.41%), Vitamin B3: 5.11mg (25.53%), Vitamin B2: 0.41mg (24.1%), Vitamin B6: 0.44mg (21.84%), Calcium: 133.09mg (13.31%), Vitamin E: 1.3mg (8.69%), Selenium: 3.39µg (4.84%)