



 **100%**
HEALTH SCORE

Yellow Split-Pea Soup with Sweet Potatoes and Kale

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon mustard seeds shopping list black
- 0.1 teaspoon canola oil for tempering the spices (necessary)
- 1 tablespoons curry powder to taste ()
- 2 teaspoons garlic finely minced
- 2 teaspoons ginger fresh finely minced
- 1 bunch kale
- 2 medium onion chopped

- 2 medium sweet potatoes and into peeled cut into 1-inch cubes
- 8 cups water
- 1.5 teaspoons cumin seeds whole
- 3 cups peas dried split yellow picked over rinsed

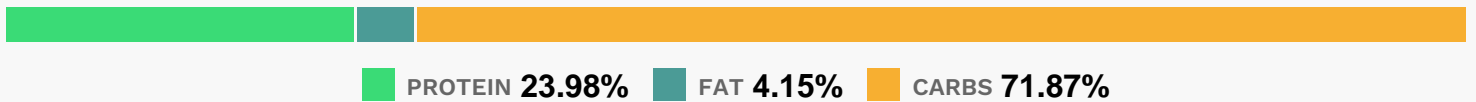
Equipment

- frying pan
- pressure cooker

Directions

- Pour the canola oil over the seeds and stir them lightly. As soon as the seeds begin to pop, mix them in with the onions.
- Add the ginger and garlic, and cook for one more minute.
- Add the sweet potatoes, water, split peas and 1 tablespoon curry powder. Stir well. If using a pressure cooker, seal the cooker and bring it up to high pressure. Cook at high pressure for 8 minutes; then remove from the heat and allow the pressure to come down naturally. If you're cooking it in a regular pot, cover the pot and simmer until the split peas are tender and beginning to break down, about an hour. Stir regularly to make sure that the split peas don't stick to the bottom of the pan, and add water if necessary. While the soup is cooking, wash the kale and remove and discard the tough central rib. Chop the leaves coarsely. When the split peas are cooked, add the kale to the pot, season to taste with salt and additional curry powder, if necessary, and add additional water if the soup is too thick. Cover the pot. For kale that retains some crunch, simply leave the pot covered for 5 or 10 minutes without heating, allowing the kale to cook in the heat of the soup. For kale that is more tender, you may return the pot to low heat for 10 minutes.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:6.29, Inflammation Score:-10, Nutrition Score:30.784782523694%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.21mg, Isorhamnetin: 5.21mg, Isorhamnetin: 5.21mg, Isorhamnetin: 5.21mg Kaempferol: 7.79mg, Kaempferol: 7.79mg, Kaempferol: 7.79mg, Kaempferol: 7.79mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg, Quercetin: 9.27mg

Nutrients (% of daily need)

Calories: 325.01kcal (16.25%), Fat: 1.55g (2.38%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 60.3g (20.1%), Net Carbohydrates: 38.27g (13.92%), Sugar: 9.64g (10.71%), Cholesterol: 0mg (0%), Sodium: 64.96mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.12g (40.23%), Vitamin A: 9762IU (195.24%), Fiber: 22.03g (88.11%), Vitamin K: 76.06µg (72.44%), Manganese: 1.38mg (69.17%), Folate: 225.81µg (56.45%), Vitamin B1: 0.62mg (41.35%), Copper: 0.8mg (39.87%), Phosphorus: 322.76mg (32.28%), Potassium: 1037.95mg (29.66%), Magnesium: 114.63mg (28.66%), Iron: 4.46mg (24.76%), Vitamin C: 20.3mg (24.6%), Vitamin B5: 1.81mg (18.08%), Zinc: 2.61mg (17.39%), Vitamin B6: 0.33mg (16.27%), Vitamin B2: 0.26mg (15.44%), Vitamin B3: 2.74mg (13.71%), Calcium: 121.79mg (12.18%), Selenium: 2.84µg (4.06%), Vitamin E: 0.54mg (3.57%)