

Green Split Pea Soup

*Bolo Country Inn - Menomonie, WI
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 1 1/2 to 2 gallons

5 cups green split peas
1/2 cup carrots, chopped
1/2 cup onion, chopped
1/2 cup celery, chopped
1 cup chopped ham
5 quarts water
1 bay leaf
1 1/2 teaspoons celery salt
1 1/2 teaspoons salt
1 1/2 teaspoons white pepper
1 1/2 teaspoons onion salt

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In a soup pot, place the peas, carrots, onion, celery, ham and water.

Add the bay leaf, celery salt, salt, pepper and onion salt. Cook over low heat, stirring frequently, for three and one-half hours or until the peas are dissolved.

Add more water if the soup is too thick.

Per Serving (excluding unknown items): 423 Calories; 27g Fat (57.5% calories from fat); 25g Protein; 20g Carbohydrate; 6g Dietary Fiber; 69mg Cholesterol; 10103mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 3 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	423
% Calories from Fat:	57.5%
% Calories from Carbohydrates:	18.7%
% Calories from Protein:	23.8%
Total Fat (g):	27g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	69mg
Carbohydrate (g):	20g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	1.0mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	50mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 6g
 Protein (g): 25g
 Sodium (mg): 10103mg
 Potassium (mg): 906mg
 Calcium (mg): 193mg
 Iron (mg): 3mg
 Zinc (mg): 4mg
 Vitamin C (mg): 19mg
 Vitamin A (i.u.): 18170IU
 Vitamin A (r.e.): 1816RE

Grain (Starch): 0
 Lean Meat: 3
 Vegetable: 3
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 3 1/2
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 423 Calories from Fat: 244

% Daily Values*

Total Fat 27g 42%
 Saturated Fat 9g 45%
Cholesterol 69mg 23%
Sodium 10103mg 421%
Total Carbohydrates 20g 7%
 Dietary Fiber 6g 23%
Protein 25g

Vitamin A 363%
Vitamin C 31%
Calcium 19%
Iron 17%

* Percent Daily Values are based on a 2000 calorie diet.