

# Split Pea Soup with Sour Cream

*Best Slow Cooker Recipes*  
*Pillsbury Classic Cookbooks #370*

## Servings: 7

*1 bag (14 ounce) dried yellow split peas, sorted and rinsed*  
*1 large (1 cup) onion, chopped*  
*2 medium (1 cup) carrots, chopped*  
*4 cloves garlic, finely chopped*  
*2 teaspoons curry powder*  
*1/4 teaspoon salt*  
*6 cups vegetable broth*  
*1/4 cup hot mango chutney*  
*7 tablespoons sour cream*  
*fresh cilantro sprigs, if desired*

## Preparation Time: 10 minutes

Spray a three-quart slow cooker with cooking spray.

In the slow cooker, mix all of the ingredients except for the sour cream and cilantro.

Cover and cook on LOW heat setting for eight to ten hours.

Top each serving with one tablespoon of sour cream.

Garnish with cilantro.

Start to Finish Time: 8 hours 10 minutes

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Per Serving (excluding unknown items): 285 Calories; 7g Fat (20.9% calories from fat); 13g Protein; 45g Carbohydrate; 11g Dietary Fiber; 8mg Cholesterol; 1490mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.

Slow Cooker, Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	285	Vitamin B6 (mg):	.2mg
% Calories from Fat:	20.9%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	61.2%	Thiamin B1 (mg):	.3mg
% Calories from Protein:	17.9%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	7g	Folacin (mcg):	103mcg
Saturated Fat (g):	3g	Niacin (mg):	3mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
	8mg	% Daily Value*	on on%

**Cholesterol (mg):**  
**Carbohydrate (g):** 45g  
**Dietary Fiber (g):** 11g  
**Protein (g):** 13g  
**Sodium (mg):** 1490mg  
**Potassium (mg):** 735mg  
**Calcium (mg):** 77mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 9547IU  
**Vitamin A (r.e.):** 978RE

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 7

### Amount Per Serving

**Calories** 285 Calories from Fat: 60

### % Daily Values\*

<b>Total Fat</b>	7g	10%
Saturated Fat	3g	13%
<b>Cholesterol</b>	8mg	3%
<b>Sodium</b>	1490mg	62%
<b>Total Carbohydrates</b>	45g	15%
Dietary Fiber	11g	44%
<b>Protein</b>	13g	

<b>Vitamin A</b>	191%
<b>Vitamin C</b>	14%
<b>Calcium</b>	8%
<b>Iron</b>	18%

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