

# Altamura pea soup (Minestra di piselli di Altamura)

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pea-soup-recipe>

## Ingredients:

- olive oil
- 2 onions medium, peeled and finely chopped
- 4 handfuls peas freshly podded
- 4 2/3 cups chicken stock organic
- 9/16 pound spaghetti dried, broken into about 2.5cm lengths
- sea salt
- ground black pepper freshly
- 1 sprig fresh mint optional
- 1 sprig fresh basil optional
- 1 sprig fresh rosemary optional
- extra-virgin olive oil
- 1 handful fresh flat leaf parsley chopped

## Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 10 milligrams
4. Fat: 14 grams
5. Fiber: 7 grams
6. Protein: 21 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 610 milligrams
9. Sugar: 14 grams

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