

Cold Pea Soup with Crème Fraîche and Chives

Yield: 7 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-cold-buttermilk-soup-recipe>

Ingredients:

- 2 pounds peas English, in their pods
- 5 lettuce leaves large butter
- 2 cups buttermilk
- 1/2 bunch fresh chives
- 1 1/2 teaspoons sea salt
- 1/2 cup crème fraîche or sour cream

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 15 milligrams
4. Fat: 4.5 grams
5. Fiber: 7 grams
6. Protein: 10 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 590 milligrams
9. Sugar: 12 grams

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