



HEALTH SCORE

59%

Chilled Red Bell Pepper and Habanero Soup



Vegetarian



Dairy Free



Very Healthy

READY IN



300 min.

SERVINGS



6

CALORIES



264 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons pepper flakes fresh finely chopped
- ☐ 6 servings flat parsely
- ☐ 2 garlic clove chopped
- ☐ 1.8 cups chicken broth reduced-sodium
- ☐ 0.3 cup olive oil extra virgin extra-virgin divided
- ☐ 4 medium bell pepper red
- ☐ 0.5 pound onion sweet chopped
- ☐ 2 pounds tomatoes

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ plastic wrap
- ☐ broiler
- ☐ tongs
- ☐ broiler pan

Directions

- ☐ Roast bell peppers on racks of gas burners over high heat (or on a broiler pan about 2 inches from broiler), turning with tongs, until skins are blackened, 10 to 12 minutes.
- ☐ Transfer to a bowl and cover with plastic wrap.
- ☐ Let stand 20 minutes. Peel, then halve lengthwise, discarding stems and seeds.
- ☐ Cut a shallow X in bottom of each tomato, then blanch tomatoes in simmering water 20 seconds and transfer to an ice bath. Peel and coarsely chop, reserving juices.
- ☐ Cook onion, garlic, chiles, 1 teaspoon salt, and 1/4 teaspoon pepper in 2 tablespoons oil in a 3- to 4-quart heavy saucepan over medium heat, stirring occasionally, until softened and pale golden, about 8 minutes.
- ☐ Add tomatoes with juices, bell peppers, broth, and 1/4 teaspoon salt and simmer, covered, until peppers are tender, about 5 minutes.
- ☐ Purée soup in 2 or 3 batches in a blender (use caution when blending hot liquids), drizzling remaining 1/4 cup oil into first batch with motor running. Quick-chill soup in a metal bowl set in an ice bath, stirring often, 10 to 15 minutes. Season with salt.
- ☐ Soup can be made 3 days ahead and chilled.
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



 **PROTEIN 11.07%**  **FAT 34.41%**  **CARBS 54.52%**

Properties

Glycemic Index:40.33, Glycemic Load:23.56, Inflammation Score:-10, Nutrition Score:18.919130511906%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 264kcal (13.2%), Fat: 10.49g (16.14%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 37.4g (12.47%), Net Carbohydrates: 32.6g (11.85%), Sugar: 9.57g (10.63%), Cholesterol: 0mg (0%), Sodium: 249.61mg (10.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Vitamin C: 131.57mg (159.48%), Vitamin A: 3791.47IU (75.83%), Manganese: 0.51mg (25.42%), Vitamin B6: 0.46mg (22.96%), Vitamin E: 3.41mg (22.73%), Vitamin K: 22.08µg (21.03%), Potassium: 698.11mg (19.95%), Folate: 78.65µg (19.66%), Fiber: 4.8g (19.19%), Vitamin B3: 3.59mg (17.97%), Vitamin B1: 0.23mg (15.11%), Phosphorus: 130.25mg (13.02%), Copper: 0.24mg (11.78%), Magnesium: 42.04mg (10.51%), Vitamin B2: 0.17mg (9.92%), Iron: 1.67mg (9.28%), Calcium: 67.99mg (6.8%), Zinc: 0.93mg (6.23%), Vitamin B5: 0.6mg (5.98%), Vitamin B12: 0.07µg (1.15%)