



## Chilled Roasted Pepper and Tomato Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



211 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1 large avocado chopped
- ☐ 2 tablespoons cider vinegar
- ☐ 1 cucumber seeded chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 purple onion chopped
- ☐ 3 medium size bell peppers red

- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups vegetable juice
- ☐ 2 tablespoons vegetable oil

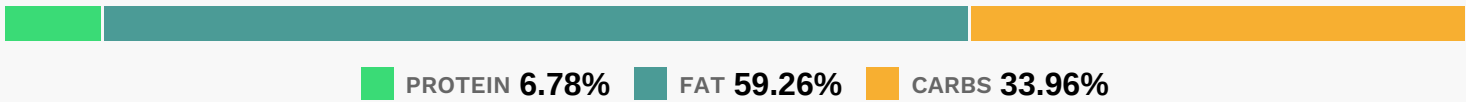
## Equipment

- ☐ baking sheet
- ☐ aluminum foil
- ☐ ziploc bags

## Directions

- ☐ Broil peppers on an aluminum foil-lined baking sheet 5 inches from heat about 5 minutes on each side or until peppers look blistered.
- ☐ Place peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds.
- ☐ Process peppers, vegetable juice, and next 5 ingredients until smooth; chill.
- ☐ Serve with avocado, next 3 ingredients, and, if desired, minced jalapeo and lime wedges.
- ☐ Note: For testing purposes only, we used V-8 juice for vegetable juice.

## Nutrition Facts



## Properties

Glycemic Index:72.75, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:18.733043561811%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

## Nutrients (% of daily need)

Calories: 211.4kcal (10.57%), Fat: 14.59g (22.45%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 18.82g (6.27%), Net Carbohydrates: 11.65g (4.24%), Sugar: 10.43g (11.59%), Cholesterol: 0mg (0%), Sodium: 416.61mg (18.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.52%), Vitamin C: 167.47mg (202.99%), Vitamin A: 4181.02IU (83.62%), Vitamin K: 33.71µg (32.1%), Fiber: 7.16g (28.65%), Potassium: 850.2mg (24.29%), Folate: 93.75µg (23.44%), Vitamin B6: 0.45mg (22.73%), Vitamin E: 3.04mg (20.25%), Manganese: 0.3mg (14.79%), Vitamin B5: 1.18mg (11.81%), Vitamin B2: 0.16mg (9.65%), Magnesium: 35.99mg (9%), Vitamin B3: 1.8mg (8.99%), Copper: 0.17mg (8.69%), Iron: 1.35mg (7.51%), Vitamin B1: 0.11mg (7.44%), Phosphorus: 70.27mg (7.03%), Calcium: 52.58mg (5.26%), Zinc: 0.71mg (4.71%)