



70%
HEALTH SCORE

Chilled Roasted Red Pepper Soup

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups chicken broth
- 1 teaspoon ground cumin
- 8 servings lime wedges
- 2 tablespoons olive oil
- 1 medium onion
- 1 small potato boiling
- 2.8 pounds bell pepper red
- 1 medium tomatoes

3.5 cups water

Equipment

bowl

blender

Directions

Quick-roast and peel peppers. Chop onion. Peel potato and cut into 1/4-inch dice. In a 5-quart heavy kettle heat oil over moderately high heat until hot but not smoking and sauté onion, potato, and cumin, stirring, 5 minutes.

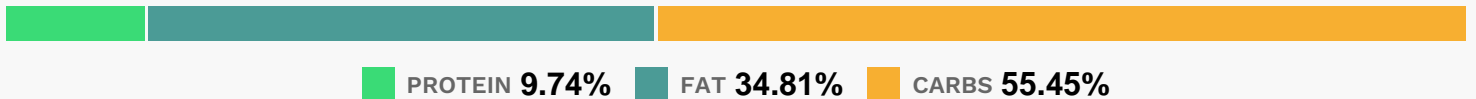
Add roasted peppers, water, and broth and simmer, covered, 20 minutes, or until vegetables are very tender.

While soup is cooking, peel and seed tomato.

Purée soup in batches with tomato in a blender (use caution when blending hot liquids), transferring to a bowl, and season with salt and pepper. Cool soup. Chill soup, covered, at least 4 hours and up to 2 days. Adjust seasoning.

Serve soup with lime wedges.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:2.43, Inflammation Score:-10, Nutrition Score:16.94956528687%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 99.38kcal (4.97%), Fat: 4.22g (6.5%), Saturated Fat: 0.6g (3.78%), Carbohydrates: 15.14g (5.05%), Net Carbohydrates: 11.03g (4.01%), Sugar: 8.09g (8.98%), Cholesterol: 1.17mg (0.39%), Sodium: 235.03mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin C: 204.84mg (248.29%), Vitamin A: 5016.62IU (100.33%), Vitamin B6: 0.52mg (26.01%), Vitamin E: 3.09mg (20.6%), Folate: 80.57µg (20.14%), Fiber: 4.11g (16.43%), Potassium: 498.3mg (14.24%), Manganese: 0.28mg (13.76%), Vitamin K: 11.65µg (11.1%), Vitamin B2: 0.18mg (10.67%), Vitamin B3: 2.02mg (10.1%), Vitamin B1: 0.13mg (8.51%), Magnesium: 29.05mg (7.26%), Phosphorus: 64.96mg (6.5%), Iron: 1.13mg (6.27%), Vitamin B5: 0.59mg (5.92%), Copper: 0.1mg (4.88%), Zinc: 0.57mg (3.83%), Calcium: 25.89mg (2.59%)