

 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 accompaniment: lime wedges
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion
- ☐ 1 small potatoes boiling
- ☐ 2.8 pounds bell peppers 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.

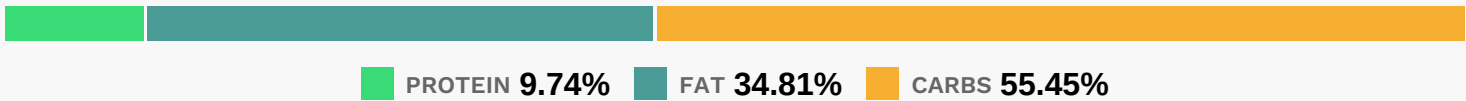
☐ Add roasted peppers, water, and broth and simmer, covered, 20 minutes, or until vegetables are very tender.

☐ 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%)