



Chilled Tomato & Red Pepper Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



4

CALORIES



240 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 cups chicken stock see
- ☐ 4 servings chives snipped
- ☐ 2 garlic cloves minced
- ☐ 4 servings salt & ground pepper fresh
- ☐ 3 tablespoons olive oil
- ☐ 1 onion finely chopped
- ☐ 2 pasilla peppers red cored halved seeded
- ☐ 0.7 cup red wine

☐ 1.5 lbs tomatoes

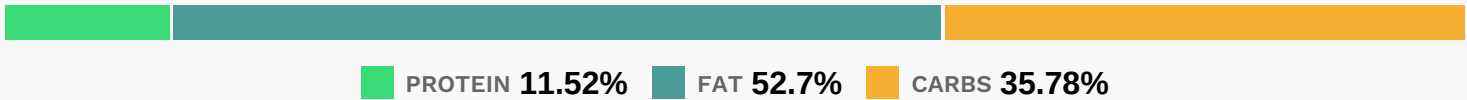
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill

Directions

- ☐ Cut each pepper half into quarters.
- ☐ Place skin side up on a grill rack and cook until skins have charred.
- ☐ Transfer to a bowl and cover with a plate. (I put them on the barbeque to keep the heat out of the house.).2
- ☐ Heat the oil in a large pan.
- ☐ Add onion and garlic and cook until soft. Meanwhile, remove the skin from the peppers and roughly chop them.
- ☐ Cut the tomatoes into chunks.3
- ☐ Add the peppers and tomatoes to pan, then cover and cook gently for 10 minutes.
- ☐ Add wine and cook a further 5 minutes, then add stock and salt and pepper to taste and continue simmering 20 minutes.4 Process the soup in a blender until smooth. (I let it cool a bit first. Easier to handle, and less like to explode!)
- ☐ Pour into a clean glass or ceramic bowl and leave to cool completely before chilling for at least 3 hours. When soup is cold, season to taste.
- ☐ Serve in bowls topped with croutons, if you wish, and garnished with snipped chives.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:3.36, Inflammation Score:-10, Nutrition Score:18.026956402737%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg, Naringenin: 1.86mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg, Isorhamnetin: 1.45mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 240.44kcal (12.02%), Fat: 12.86g (19.79%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 19.65g (6.55%), Net Carbohydrates: 15.84g (5.76%), Sugar: 10.79g (11.99%), Cholesterol: 4.5mg (1.5%), Sodium: 422.37mg (18.36%), Alcohol: 4.24g (100%), Alcohol %: 1.17% (100%), Protein: 6.32g (12.65%), Vitamin C: 102.85mg (124.66%), Vitamin A: 3329.37IU (66.59%), Vitamin K: 25.4µg (24.19%), Vitamin B6: 0.48mg (23.83%), Vitamin E: 3.42mg (22.83%), Potassium: 786.25mg (22.46%), Vitamin B3: 4.1mg (20.51%), Manganese: 0.38mg (18.91%), Folate: 67.1µg (16.78%), Fiber: 3.81g (15.26%), Vitamin B2: 0.23mg (13.71%), Phosphorus: 116.84mg (11.68%), Vitamin B1: 0.17mg (11.07%), Copper: 0.21mg (10.64%), Magnesium: 40.2mg (10.05%), Iron: 1.37mg (7.63%), Selenium: 3.8µg (5.43%), Zinc: 0.77mg (5.16%), Vitamin B5: 0.4mg (3.98%), Calcium: 39.06mg (3.91%)