



Chipotle Red Pepper Soup

 Vegetarian

READY IN



10 min.

SERVINGS



5

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup carrots thinly sliced
- ☐ 0.5 cup celery thinly sliced
- ☐ 1 chipotle chile in adobo sauce canned drained
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves
- ☐ 0.8 cup half-and-half
- ☐ 5 servings lime wedges

- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 1 cup onion chopped
- ☐ 2 pounds bell peppers red 4 large or 6 small
- ☐ 5 servings try build-a-meal
- ☐ 0.5 teaspoon salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ blender
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 18 minutes or until bell peppers are blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 20 minutes. Peel.
- ☐ Place bell peppers, broth, and next 4 ingredients in a large saucepan. Bring to a boil over high heat; cover, reduce heat, and simmer 13 minutes or until carrot is tender.
- ☐ Place 1 chipotle chile and half of pepper mixture in a blender; process until smooth. Repeat procedure with remaining chile and pepper mixture. Return pureed mixture to pan; stir in half-and-half and salt. Cook soup over medium heat 5 minutes or until thoroughly heated. Ladle soup into 4 bowls. Top each serving evenly with sour cream and cilantro.

Nutrition Facts



 **PROTEIN 11.92%**  **FAT 36.53%**  **CARBS 51.55%**

Properties

Glycemic Index:46.37, Glycemic Load:3.53, Inflammation Score:-10, Nutrition Score:19.935217335172%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg

Nutrients (% of daily need)

Calories: 140.52kcal (7.03%), Fat: 6.19g (9.53%), Saturated Fat: 3.44g (21.53%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 14.19g (5.16%), Sugar: 11.61g (12.9%), Cholesterol: 16.73mg (5.58%), Sodium: 614.98mg (26.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.09%), Vitamin C: 236.99mg (287.26%), Vitamin A: 8086.22IU (161.72%), Vitamin B6: 0.64mg (32.18%), Folate: 99.52µg (24.88%), Fiber: 5.48g (21.9%), Vitamin E: 3.15mg (20.98%), Manganese: 0.37mg (18.67%), Potassium: 610.23mg (17.44%), Vitamin B2: 0.28mg (16.63%), Vitamin K: 16.76µg (15.96%), Vitamin B3: 2.54mg (12.68%), Phosphorus: 123.46mg (12.35%), Vitamin B1: 0.15mg (10.04%), Magnesium: 36.25mg (9.06%), Vitamin B5: 0.9mg (9.03%), Calcium: 90.3mg (9.03%), Iron: 1.22mg (6.79%), Selenium: 4.35µg (6.22%), Zinc: 0.84mg (5.62%), Vitamin B12: 0.28µg (4.6%), Copper: 0.09mg (4.3%)