



Cream of Red Bell Pepper Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon ground pepper
- ☐ 4 servings basil fresh sliced
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 2 garlic clove minced
- ☐ 0.5 cup half and half
- ☐ 1 tablespoon olive oil
- ☐ 2.5 pounds bell pepper red
- ☐ 2 teaspoons red wine vinegar

- ☐ 1 cup shallots chopped
- ☐ 3 cups vegetable stock canned ()

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ broiler

Directions

- ☐ Char peppers over gas flame or in broiler until blackened on all sides. Enclose in paper bag and let stand 10 minutes. Peel, seed and slice peppers.
- ☐ Heat oil in heavy large saucepan over medium heat.
- ☐ Add shallots, garlic and thyme and sauté 3 minutes.
- ☐ Add 3 cups broth and all but 4 slices of roasted pepper. Simmer uncovered until peppers are very soft, about 20 minutes.
- ☐ Working in batches, purée soup in blender until smooth. Return to same pot.
- ☐ Add half and half, vinegar and cayenne pepper. Rewarm soup, thinning with additional broth, if desired. Season to taste with salt and pepper. Ladle soup into bowls.
- ☐ Garnish with reserved pepper strips and basil.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:7.24, Inflammation Score:-10, Nutrition Score:24.481738855009%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.53mg, Luteolin: 2.53mg, Luteolin: 2.53mg, Luteolin: 2.53mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 200.81kcal (10.04%), Fat: 7.95g (12.23%), Saturated Fat: 2.8g (17.5%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 23.44g (8.52%), Sugar: 19.34g (21.49%), Cholesterol: 10.59mg (3.53%), Sodium: 742.67mg (32.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.5g (10.99%), Vitamin C: 371.57mg (450.39%), Vitamin A: 9575.88IU (191.52%), Vitamin B6: 1.07mg (53.67%), Folate: 153.68µg (38.42%), Vitamin E: 5.12mg (34.12%), Fiber: 8.17g (32.69%), Manganese: 0.57mg (28.55%), Potassium: 860.5mg (24.59%), Vitamin K: 25.24µg (24.04%), Vitamin B2: 0.32mg (19.03%), Vitamin B3: 2.99mg (14.96%), Phosphorus: 143.59mg (14.36%), Magnesium: 54.12mg (13.53%), Vitamin B1: 0.2mg (13.49%), Iron: 2.37mg (13.19%), Vitamin B5: 1.18mg (11.78%), Calcium: 87.72mg (8.77%), Zinc: 1.13mg (7.54%), Copper: 0.13mg (6.27%), Selenium: 2.19µg (3.12%)