



Creamy Bell Pepper 'n' Tomato Soup

 Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 56 ounce tomatoes crushed canned
- 14 ounce chicken broth canned
- 3 garlic cloves finely chopped
- 0.3 teaspoon ground pepper red
- 2 cups half-and-half
- 10 servings garnish: parmesan cheese freshly grated
- 0.8 ounce savory tomato pasta sauce mix

- 3 roasted bell peppers whole red drained (from jar)
- 1 tablespoon sugar

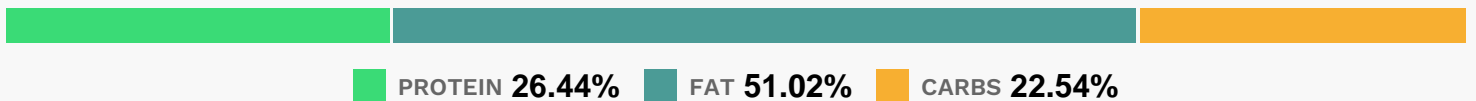
Equipment

- food processor
- blender
- dutch oven

Directions

- Melt butter in a large Dutch oven over medium heat; add garlic, and saut 2 minutes or until slightly golden. Stir in crushed tomatoes and next 4 ingredients; cook, stirring occasionally, over medium heat 30 minutes.
- Remove from heat, and let cool 10 minutes.
- Process mixture, in small batches, in a blender or food processor until smooth, stopping to scrape down sides. Return mixture to Dutch oven.
- Stir in half-and-half, and simmer, stirring occasionally, over low heat until thoroughly heated; stir in ground red pepper.
- Garnish, if desired.
- Note: For testing purposes only, we used Spice Islands Savory Tomato Pasta Sauce Blend.

Nutrition Facts



Properties

Glycemic Index:21.51, Glycemic Load:4.21, Inflammation Score:-7, Nutrition Score:16.79478258672%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 342.69kcal (17.13%), Fat: 19.94g (30.67%), Saturated Fat: 9.48g (59.28%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 16.61g (6.04%), Sugar: 10.29g (11.44%), Cholesterol: 62.88mg (20.96%), Sodium: 1144.01mg

(49.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.24g (46.49%), Calcium: 383.93mg (38.39%), Phosphorus: 352.67mg (35.27%), Selenium: 20.49µg (29.27%), Vitamin C: 20.68mg (25.06%), Vitamin A: 1030.38IU (20.61%), Vitamin B6: 0.4mg (19.83%), Zinc: 2.95mg (19.63%), Potassium: 673.31mg (19.24%), Vitamin B2: 0.33mg (19.24%), Manganese: 0.35mg (17.63%), Copper: 0.35mg (17.33%), Vitamin E: 2.52mg (16.79%), Iron: 2.87mg (15.93%), Vitamin B3: 3.06mg (15.31%), Vitamin B12: 0.9µg (14.94%), Magnesium: 56.56mg (14.14%), Fiber: 3.21g (12.86%), Vitamin K: 10.58µg (10.08%), Vitamin B1: 0.15mg (9.81%), Vitamin B5: 0.7mg (6.97%), Folate: 26.76µg (6.69%), Vitamin D: 0.19µg (1.26%)