



Creamy Red Pepper Soup

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



376 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 16 slices baguette cut into 1/2 to 3/4-inch cubes 3/
- ☐ 2 carrots peeled chopped
- ☐ 6 cups chicken broth
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 3 garlic cloves chopped
- ☐ 0.5 cup mascarpone cheese
- ☐ 4 tablespoons olive oil

- ☐ 2 onions chopped
- ☐ 24 ounce roasted bell peppers preserved in water red drained
- ☐ 1 baking potatoes peeled coarsely chopped
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 1 tablespoon sugar

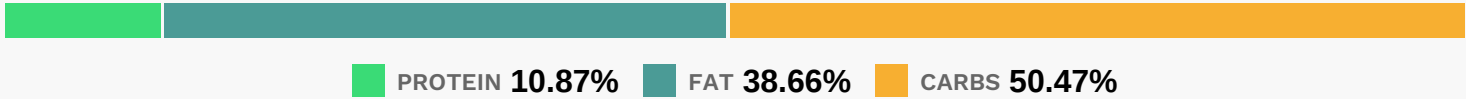
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat 2 tablespoons of oil in a heavy large pot over medium-high heat.
- ☐ Add the onions, carrots, garlic, and thyme and saute until the onions are translucent, about 5 minutes.
- ☐ Add the broth, bell peppers, potato, wine, and sugar. Bring to a simmer over high heat. Decrease the heat to medium-low. Partially cover and simmer until the potatoes are very tender, stirring occasionally, about 30 minutes. Cool the soup slightly.
- ☐ Using an immersion hand blender, puree the soup in the pot until it is smooth. Alternately, working in batches, puree the soup in a regular blender, taking care while blending warm liquids. Season the soup, to taste, with salt and pepper.
- ☐ Meanwhile, heat the remaining 2 tablespoons oil in a heavy large skillet over medium heat.
- ☐ Add the bread cubes and saute until they are crisp and golden, about 8 minutes.
- ☐ Ladle the soup into bowls. Dollop a tablespoon of mascarpone in the center of each bowl and top with croutons.
- ☐ Sprinkle with pepper and serve.

Nutrition Facts



Properties

Glycemic Index:52.8, Glycemic Load:27.2, Inflammation Score:-10, Nutrition Score:18.065652030966%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg, Quercetin: 5.64mg

Nutrients (% of daily need)

Calories: 375.6kcal (18.78%), Fat: 15.81g (24.32%), Saturated Fat: 5.34g (33.38%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 42.72g (15.53%), Sugar: 7.47g (8.3%), Cholesterol: 17.59mg (5.86%), Sodium: 2235.57mg (97.2%), Alcohol: 1.54g (100%), Alcohol %: 0.45% (100%), Protein: 10g (20%), Vitamin A: 3215.54IU (64.31%), Vitamin C: 45.15mg (54.73%), Manganese: 0.67mg (33.55%), Vitamin B1: 0.48mg (31.91%), Folate: 94.36µg (23.59%), Vitamin B2: 0.37mg (21.55%), Vitamin B3: 4.25mg (21.26%), Iron: 3.54mg (19.67%), Vitamin B6: 0.39mg (19.37%), Selenium: 12.42µg (17.74%), Calcium: 149.57mg (14.96%), Fiber: 3.72g (14.9%), Copper: 0.27mg (13.38%), Potassium: 454.87mg (13%), Phosphorus: 117.93mg (11.79%), Magnesium: 41.21mg (10.3%), Vitamin E: 1.37mg (9.17%), Vitamin K: 8.98µg (8.55%), Zinc: 0.98mg (6.56%), Vitamin B5: 0.46mg (4.63%)