



Creamy Tomato and Roasted Pepper Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 ounce canned tomatoes diced canned
- 1 carrots chopped
- 2.5 cups chicken broth
- 0.3 cup basil fresh plus more for garnish chopped
- 2 cloves garlic chopped
- 0.5 cup half-and-half
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil

- 12 ounce roasted peppers red drained chopped
- 2 teaspoons sugar
- 1 tablespoon tomato paste
- 1 vidalia onion chopped

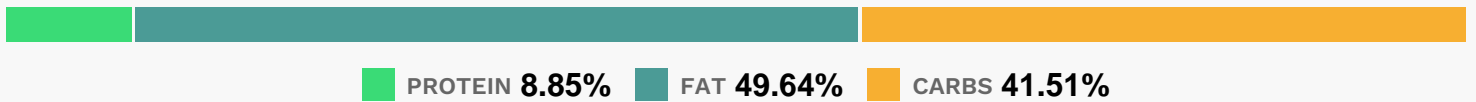
Equipment

- bowl
- sauce pan
- immersion blender

Directions

- Heat 2 tablespoons oil in a 2-quart saucepan over medium-high heat.
- Add onions and carrots and saute until tender, about 5 minutes.
- Add garlic and saute until just fragrant. Season with salt and pepper.
- Add tomato paste and cook until toasted, just 1 more minute.
- Add tomatoes, red peppers, and chicken broth and let simmer for 25 minutes, until the vegetables are tender and the flavors have melded together. Taste for seasoning and add more salt, pepper, and the sugar, if needed.
- Add half-and-half and basil, and puree using a hand held immersion blender until smooth.
- Serve in soup bowls with a sprinkle of fresh basil on top.

Nutrition Facts



Properties

Glycemic Index:73.48, Glycemic Load:2.31, Inflammation Score:-10, Nutrition Score:13.425217524819%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.98mg, Kaempferol: 0.98mg,

Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg

Nutrients (% of daily need)

Calories: 195.81kcal (9.79%), Fat: 11.19g (17.22%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 21.06g (7.02%), Net Carbohydrates: 17.83g (6.48%), Sugar: 11.64g (12.93%), Cholesterol: 13.52mg (4.51%), Sodium: 1935.17mg (84.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Vitamin A: 3652.64IU (73.05%), Vitamin C: 48.16mg (58.37%), Manganese: 0.36mg (17.79%), Vitamin B6: 0.32mg (16.25%), Calcium: 132.87mg (13.29%), Vitamin K: 13.74µg (13.08%), Fiber: 3.23g (12.91%), Vitamin B2: 0.21mg (12.1%), Potassium: 390.25mg (11.15%), Copper: 0.21mg (10.74%), Iron: 1.86mg (10.31%), Vitamin E: 1.45mg (9.64%), Folate: 38.01µg (9.5%), Phosphorus: 85.92mg (8.59%), Vitamin B1: 0.11mg (7.41%), Magnesium: 26.31mg (6.58%), Vitamin B3: 1.23mg (6.15%), Selenium: 2.69µg (3.84%), Zinc: 0.57mg (3.83%), Vitamin B5: 0.27mg (2.75%), Vitamin B12: 0.09µg (1.45%)