



## Creamy Tomato and Roasted Pepper Soup

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



211 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons butter
- 42 ounces canned tomatoes diced canned (one 28-oz. can and one 14-oz. can)
- 0.1 teaspoon cayenne
- 1 teaspoon tarragon dried
- 2 tablespoons flour all-purpose
- 1 clove garlic pressed peeled
- 2 tablespoons parsley chopped
- 1 cup roasted peppers red canned drained chopped

- 8 servings salt and pepper
- 0.5 cup cup heavy whipping cream sour
- 1 teaspoon sugar
- 6 oz firm-ripe tomato cored rinsed finely chopped
- 11.5 oz sacramento tomato juice canned
- 1 cup whipping cream

## Equipment

- bowl
- frying pan
- ladle
- whisk

## Directions

- In a 3- to 4-quart pan over medium heat, melt butter.
- Add flour and stir for about 30 seconds.
- Whisk in tomato juice and cream until smooth.
- Add canned tomatoes (including juice), roasted peppers, garlic, sugar, tarragon, and cayenne. Stir often until soup just begins to simmer, about 10 minutes.
- Add salt and pepper to taste.
- Ladle into bowls.
- Garnish each with a spoonful of sour cream, chopped fresh tomato, and parsley.

## Nutrition Facts



## Properties

Glycemic Index:54.39, Glycemic Load:2.56, Inflammation Score:-7, Nutrition Score:11.521739249644%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

## Nutrients (% of daily need)

Calories: 210.53kcal (10.53%), Fat: 16.82g (25.88%), Saturated Fat: 10.16g (63.5%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 11.36g (4.13%), Sugar: 7.78g (8.64%), Cholesterol: 49.62mg (16.54%), Sodium: 736.88mg (32.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.38%), Vitamin C: 30.55mg (37.02%), Vitamin A: 1251.99IU (25.04%), Vitamin K: 26.01µg (24.77%), Potassium: 539.51mg (15.41%), Vitamin B6: 0.3mg (15.2%), Manganese: 0.28mg (14.25%), Vitamin E: 2.06mg (13.76%), Iron: 2.45mg (13.62%), Vitamin B2: 0.21mg (12.24%), Fiber: 2.85g (11.39%), Copper: 0.23mg (11.29%), Calcium: 109.65mg (10.96%), Vitamin B3: 1.97mg (9.83%), Vitamin B1: 0.14mg (9.06%), Magnesium: 34.3mg (8.58%), Phosphorus: 83mg (8.3%), Folate: 31.03µg (7.76%), Vitamin B5: 0.46mg (4.57%), Selenium: 2.61µg (3.73%), Zinc: 0.55mg (3.65%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.08µg (1.4%)