



Dijon-Roasted Vegetable Soup

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



79 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup carrots sliced
- 5 cups chicken broth
- 2 cups meat from a rotisserie chicken cooked chopped
- 0.3 tsp pepper red crushed
- 0.3 cup grey poupon dijon mustard
- 0.3 cup parsley fresh chopped
- 2 cloves garlic peeled
- 0.3 tsp ground cumin

- 1 large onion quartered
- 2 medium plum tomatoes halved
- 1 medium bell pepper red sliced
- 1 medium zucchini

Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 325F.
- Cut zucchini lengthwise in half, then cut each piece crosswise in half.
- Place in 15x10x1-inch baking pan.
- Add tomatoes, onions, bell peppers, carrots and garlic; mix lightly.
- Bake 30 to 45 min. or until tender and golden brown; cool.
- Chop vegetables; place in large saucepan.
- Add chicken broth, cumin and crushed red pepper; mix well. Bring to boil on high heat. Reduce heat to medium-low; simmer, uncovered, 5 min.
- Add chicken and mustard; mix well. Cook an additional 5 min. or until heated through. Stir in parsley.

Nutrition Facts



Properties

Glycemic Index:25.78, Glycemic Load:1.15, Inflammation Score:-9, Nutrition Score:10.403478166331%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

Nutrients (% of daily need)

Calories: 79.28kcal (3.96%), Fat: 2.52g (3.87%), Saturated Fat: 0.58g (3.62%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.06g (1.48%), Sugar: 3.18g (3.53%), Cholesterol: 23.35mg (7.78%), Sodium: 539.34mg (23.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.73%), Vitamin A: 2813.87IU (56.28%), Vitamin C: 24.52mg (29.72%), Vitamin K: 28.91µg (27.54%), Vitamin B3: 2.95mg (14.76%), Selenium: 9.71µg (13.88%), Vitamin B6: 0.24mg (12.07%), Manganese: 0.2mg (9.98%), Vitamin B2: 0.16mg (9.4%), Phosphorus: 89.72mg (8.97%), Potassium: 275.71mg (7.88%), Fiber: 1.56g (6.24%), Vitamin B1: 0.09mg (6.13%), Folate: 21.47µg (5.37%), Magnesium: 20.56mg (5.14%), Zinc: 0.75mg (4.97%), Iron: 0.89mg (4.96%), Vitamin B5: 0.45mg (4.54%), Copper: 0.07mg (3.72%), Vitamin E: 0.47mg (3.11%), Calcium: 28.65mg (2.87%), Vitamin B12: 0.1µg (1.75%)