



Poblano Chile Pepper Soup

READY IN



60 min.

SERVINGS



6

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups chicken broth
- 1 tablespoon flour all-purpose
- 0.5 teaspoon ground nutmeg
- 3 tablespoons butter
- 2 cups milk
- 6 poblano peppers
- 6 servings salt and pepper to taste

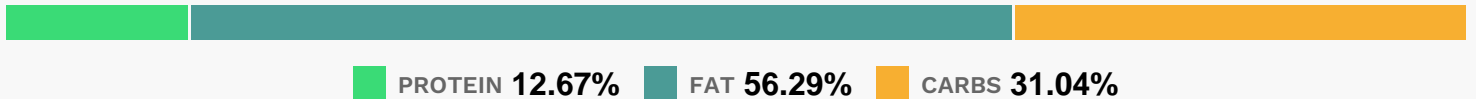
Equipment

- baking sheet
- sauce pan
- oven
- blender

Directions

- Preheat oven to broil.
- Place poblano chile peppers on a cookie sheet and place in oven. Allow skin to blacken and blister, turning the chile peppers until all sides are done. (Note: Do not overcook.) When they are done, place them in a paper bag and seal. In about 15 to 20 minutes, take them out of the bag and peel the skin off each one under running water.
- Remove the stems and seeds.
- In a blender, combine the chile peppers, broth, salt and pepper to taste and nutmeg. Blend until smooth. In a small saucepan over medium heat, warm the milk and set aside. In another saucepan over medium heat, melt the butter or margarine, add the flour and stir well.
- Add the warmed milk and stir until well blended.
- Add the chile pepper mixture and mix well. Reduce heat to low and simmer for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:32.17, Glycemic Load:2.52, Inflammation Score:-7, Nutrition Score:11.519999949828%

Flavonoids

Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg, Luteolin: 5.6mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 133.05kcal (6.65%), Fat: 8.68g (13.35%), Saturated Fat: 2.81g (17.54%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 8.67g (3.15%), Sugar: 7.16g (7.95%), Cholesterol: 11.33mg (3.78%), Sodium: 584.95mg (25.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Vitamin C: 95.69mg (115.99%), Vitamin A: 824.19IU (16.48%), Vitamin B6: 0.32mg (15.88%), Vitamin B2: 0.2mg (11.8%), Calcium: 117.79mg (11.78%), Phosphorus:

112.39mg (11.24%), Potassium: 349.25mg (9.98%), Manganese: 0.2mg (9.92%), Vitamin B1: 0.14mg (9.39%), Vitamin K: 9.05µg (8.62%), Fiber: 2.09g (8.37%), Vitamin B12: 0.46µg (7.7%), Vitamin D: 0.89µg (5.96%), Magnesium: 23.24mg (5.81%), Vitamin E: 0.73mg (4.87%), Copper: 0.09mg (4.74%), Vitamin B3: 0.91mg (4.53%), Vitamin B5: 0.44mg (4.4%), Zinc: 0.56mg (3.71%), Folate: 14.38µg (3.6%), Selenium: 2.29µg (3.27%), Iron: 0.52mg (2.91%)