



Poblano-Tomato Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



134 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 cup chicken stock see unsalted
- ☐ 0.3 cup cilantro leaves
- ☐ 6 garlic cloves
- ☐ 0.1 teaspoon ground coriander
- ☐ 0.3 teaspoon ground cumin
- ☐ 4 lime wedges
- ☐ 1 poblano pepper halved seeded

- ☐ 1 bell pepper red halved seeded
- ☐ 0.3 teaspoon salt
- ☐ 3 shallots halved
- ☐ 2 pounds tomatoes halved

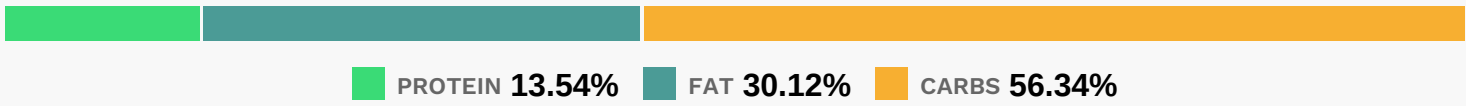
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ broiler

Directions

- ☐ Place a jelly-roll pan in oven. Preheat broiler to high.
- ☐ Combine tomatoes, garlic, shallots, red bell pepper, and poblano pepper in a bowl.
- ☐ Add canola oil; toss. Carefully arrange vegetables on preheated pan; broil 10 minutes or until blackened.
- ☐ Place roasted vegetables in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure lid on blender.
- ☐ Place a clean towel over opening in lid (to avoid splatters). Blend until smooth. Stir in chicken stock, salt, cumin, and coriander. Top with cilantro leaves; serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:4.41, Inflammation Score:-10, Nutrition Score:17.57391307665%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg

Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg, Quercetin: 2.72mg

Nutrients (% of daily need)

Calories: 133.54kcal (6.68%), Fat: 4.93g (7.59%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 15.65g (5.69%), Sugar: 10.71g (11.9%), Cholesterol: 1.8mg (0.6%), Sodium: 248.63mg (10.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin C: 101.62mg (123.18%), Vitamin A: 3011.78IU (60.24%), Vitamin K: 27.63µg (26.32%), Vitamin B6: 0.5mg (25.08%), Potassium: 822.64mg (23.5%), Manganese: 0.47mg (23.48%), Fiber: 5.12g (20.47%), Vitamin E: 2.52mg (16.77%), Folate: 62.26µg (15.57%), Vitamin B3: 2.85mg (14.26%), Copper: 0.24mg (11.83%), Vitamin B1: 0.17mg (11.01%), Phosphorus: 107.05mg (10.71%), Magnesium: 40.96mg (10.24%), Vitamin B2: 0.14mg (8.37%), Iron: 1.49mg (8.27%), Calcium: 52.93mg (5.29%), Zinc: 0.74mg (4.96%), Vitamin B5: 0.45mg (4.52%), Selenium: 2.32µg (3.31%)