



Rainbow Roasted Pepper Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



118 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 teaspoon fennel seed
- ☐ 8 cloves garlic
- ☐ 0.3 teaspoon garlic salt
- ☐ 1 bell pepper green
- ☐ 2 servings ground pepper black to taste
- ☐ 0.5 optional: lemon
- ☐ 1 large orange bell pepper

- ☐ 1 large bell pepper red
- ☐ 3 cups vegetable broth
- ☐ 1 bell pepper yellow

Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C) , halve all peppers (remove seeds) and peel garlic.
- ☐ Place halved peppers, cut side up in shallow baking dish.
- ☐ Place one garlic clove in each half and squeeze lemon juice generously over peppers. Roast for 1 hour.
- ☐ Meanwhile pour vegetable broth into a 2 quart sauce pan and add fennel seeds. Bring to boil, cover and simmer.
- ☐ When peppers are done, remove from oven and set aside to cool. When cool enough to touch peel skin from peppers.
- ☐ Strain fennel seeds from broth and return to a boil.
- ☐ Add thyme and simmer 15 minutes, reducing amount of broth.
- ☐ Slice a 1 inch section from each color of pepper and cut into pieces. Set aside for later garnishing.
- ☐ In a blender, place remaining peppers, garlic and a 1/2 cup broth on blend just long enough to shred the peppers, but not puree them. You want to see the different colors.
- ☐ Pour the blended peppers into the broth and stir well.
- ☐ Add garlic salt and black pepper to taste, then add garnishing pepper pieces and enjoy. Do not boil or cook any longer as the colors will fade.

Nutrition Facts



 **PROTEIN 11.56%**  **FAT 6.68%**  **CARBS 81.76%**

Properties

Glycemic Index:103.25, Glycemic Load:5.85, Inflammation Score:-10, Nutrition Score:20.831304373948%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 4.92mg, Luteolin: 4.92mg, Luteolin: 4.92mg, Luteolin: 4.92mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 117.99kcal (5.9%), Fat: 1.02g (1.57%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 21.61g (7.86%), Sugar: 12.11g (13.46%), Cholesterol: 0mg (0%), Sodium: 1713.77mg (74.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin C: 385.27mg (466.99%), Vitamin A: 6238.48IU (124.77%), Vitamin B6: 0.89mg (44.33%), Manganese: 0.62mg (31.16%), Fiber: 6.47g (25.87%), Folate: 100.55µg (25.14%), Potassium: 681.03mg (19.46%), Vitamin E: 2.87mg (19.15%), Vitamin K: 14.95µg (14.24%), Vitamin B3: 2.6mg (13%), Vitamin B1: 0.18mg (11.92%), Vitamin B2: 0.19mg (11.4%), Magnesium: 42.23mg (10.56%), Iron: 1.9mg (10.55%), Phosphorus: 96.78mg (9.68%), Copper: 0.19mg (9.5%), Vitamin B5: 0.8mg (8.03%), Calcium: 67.66mg (6.77%), Zinc: 0.79mg (5.27%), Selenium: 2.17µg (3.09%)