



Red Bell Pepper Carrot Soup

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



211 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups vanilla almond milk unsweetened
- ☐ 4 ounces carrots
- ☐ 2 servings ground pepper fresh to taste
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion
- ☐ 1 bell pepper red
- ☐ 1 teaspoon salt
- ☐ 1.5 cups water

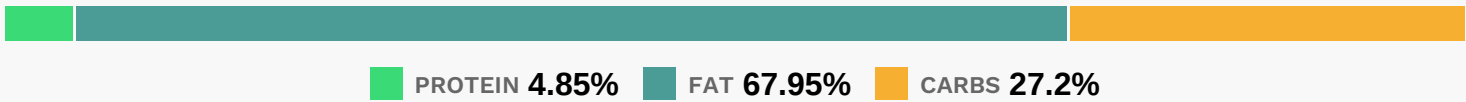
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ Slice red bell pepper, carrot and onion thinly.In a saucepan, heat olive oil and sauté all vegetables for a couple of minutes.Stir in water and bring to a boil. Reduce heat and simmer until all vegetables are tender.Turn off the heat and let cool for 10 to 15 minutes.
- ☐ Transfer to blender and puree the soup until smooth.Return the soup to the saucepan, stir in almond plus and salt.Turn on the heat again and warm up the soup.
- ☐ Add freshly ground black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:68.92, Glycemic Load:3.7, Inflammation Score:-10, Nutrition Score:16.501304297344%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg, Quercetin: 11.42mg

Nutrients (% of daily need)

Calories: 210.98kcal (10.55%), Fat: 16.62g (25.57%), Saturated Fat: 2.01g (12.56%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 10.61g (3.86%), Sugar: 7.71g (8.56%), Cholesterol: 0mg (0%), Sodium: 1459.36mg (63.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin A: 11336.73IU (226.73%), Vitamin C: 83.58mg (101.3%), Calcium: 267.15mg (26.72%), Vitamin E: 3.34mg (22.28%), Vitamin K: 19.21µg (18.3%), Fiber: 4.36g (17.44%), Vitamin B6: 0.32mg (15.88%), Folate: 48.61µg (12.15%), Manganese: 0.23mg (11.72%), Potassium: 388.99mg (11.11%), Vitamin B1: 0.09mg (6.33%), Vitamin B3: 1.2mg (6.02%), Vitamin B2: 0.1mg (5.79%), Magnesium: 21.42mg (5.35%), Phosphorus: 51.42mg (5.14%), Copper: 0.09mg (4.39%), Vitamin B5: 0.41mg (4.12%), Iron: 0.64mg (3.55%), Zinc: 0.4mg (2.67%)