



Red Pea Bisque with Rum Flambé

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter ()
- ☐ 6 tablespoons rum dark
- ☐ 1.3 cups kidney beans dried
- ☐ 1 tablespoon cooking sherry dry
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 garlic clove chopped
- ☐ 4 cups low-salt chicken broth ()
- ☐ 1 medium onion coarsely chopped

- ☐ 1 thyme sprig fresh
- ☐ 0.5 cup coconut milk unsweetened canned

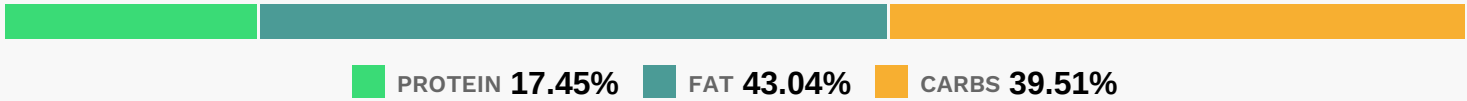
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Melt butter in heavy large pot over medium heat.
- ☐ Add onion, garlic, and thyme; sauté until onion is soft, about 8 minutes.
- ☐ Add 4 cups broth, coconut milk, and beans; bring to boil. Reduce heat to medium-low, cover, and simmer until beans are tender, stirring occasionally, 1 1/4 to 1 3/4 hours.
- ☐ Remove thyme sprig.
- ☐ Set aside scant 1 cup of beans. Working in batches, purée remaining mixture in blender until smooth. Return soup to same pot; add reserved beans and Sherry. (Can be made 1 day ahead. Cover; chill.) Bring to simmer, thinning with broth if desired; keep warm.
- ☐ Place rum in heavy small skillet. Bring to simmer. Carefully ignite rum. When flames subside, divide soup among 6 bowls, drizzle with rum, sprinkle with chives, and serve.
- ☐ *Available at many supermarkets and at Indian, Southeast Asian, and Latin markets.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:6.99, Inflammation Score:-7, Nutrition Score:12.773912979209%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Pelargonidin: 1.85mg, Pelargonidin: 1.85mg, Pelargonidin: 1.85mg, Pelargonidin: 1.85mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg,

Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 313.42kcal (15.67%), Fat: 13.81g (21.25%), Saturated Fat: 9.43g (58.95%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 21.89g (7.96%), Sugar: 2.51g (2.79%), Cholesterol: 20.34mg (6.78%), Sodium: 116.76mg (5.08%), Alcohol: 5.27g (100%), Alcohol %: 2.54% (100%), Protein: 12.6g (25.2%), Folate: 159.17µg (39.79%), Manganese: 0.65mg (32.67%), Fiber: 6.64g (26.55%), Phosphorus: 232.99mg (23.3%), Potassium: 745.95mg (21.31%), Copper: 0.42mg (20.79%), Iron: 3.33mg (18.5%), Vitamin B1: 0.25mg (16.67%), Magnesium: 64.96mg (16.24%), Vitamin B3: 3.16mg (15.8%), Vitamin B6: 0.21mg (10.32%), Zinc: 1.42mg (9.49%), Vitamin B2: 0.14mg (8.31%), Vitamin A: 288.22IU (5.76%), Vitamin C: 4.65mg (5.63%), Calcium: 50.52mg (5.05%), Vitamin K: 5.05µg (4.81%), Selenium: 2.74µg (3.91%), Vitamin B5: 0.38mg (3.77%), Vitamin B12: 0.17µg (2.89%), Vitamin E: 0.34mg (2.24%)