



Red Pepper-and-Pear Soup

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



7

CALORIES



199 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 anjou pears peeled sliced
- 2 tablespoons butter
- 2 carrots sliced
- 32 oz chicken broth fat-free
- 0.5 teaspoon ground pepper black
- 1 Dash ground pepper red
- 2 teaspoons olive oil
- 7 servings garnishes: pears plain fresh thinly sliced chopped

- 3 large bell peppers red sliced
- 0.5 teaspoon pepper dried red crushed
- 0.3 teaspoon salt
- 2 shallots sliced

Equipment

- food processor
- sauce pan
- dutch oven

Directions

- Melt butter with oil in a Dutch oven over medium heat; add bell pepper and next 3 ingredients, and saut 8 to 10 minutes or until tender.
- Stir in chicken broth and next 4 ingredients. Bring to a boil; cover, reduce heat to low, and simmer 25 to 30 minutes.
- Let cool 20 minutes.
- Process soup, in batches, in a food processor until smooth, stopping to scrape down sides. Return to Dutch oven, and keep warm until ready to serve.
- Garnish, if desired.
- Note: To make ahead, let soup cool, and store in an airtight container in refrigerator up to 2 days. Reheat in a saucepan over medium-low heat, stirring often.

Nutrition Facts



PROTEIN 4.73% **FAT 21.38%** **CARBS 73.89%**

Properties

Glycemic Index:42.33, Glycemic Load:11.39, Inflammation Score:-10, Nutrition Score:17.469999945682%

Flavonoids

Cyanidin: 4.47mg, Cyanidin: 4.47mg, Cyanidin: 4.47mg, Cyanidin: 4.47mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg, Epigallocatechin: 1.28mg Epicatechin: 8.15mg, Epicatechin: 8.15mg, Epicatechin: 8.15mg, Epicatechin: 8.15mg

Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 198.95kcal (9.95%), Fat: 5.2g (8%), Saturated Fat: 2.32g (14.47%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 31.42g (11.43%), Sugar: 25.69g (28.55%), Cholesterol: 8.6mg (2.87%), Sodium: 659.09mg (28.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.17%), Vitamin C: 100.9mg (122.31%), Vitamin A: 5315.81IU (106.32%), Fiber: 9g (36.02%), Vitamin B6: 0.34mg (16.91%), Vitamin K: 16.71µg (15.91%), Potassium: 524.33mg (14.98%), Folate: 54.75µg (13.69%), Manganese: 0.26mg (13.2%), Vitamin E: 1.81mg (12.04%), Copper: 0.23mg (11.6%), Vitamin B3: 1.97mg (9.84%), Vitamin B2: 0.16mg (9.29%), Magnesium: 29.06mg (7.27%), Phosphorus: 70.59mg (7.06%), Vitamin B1: 0.09mg (5.97%), Iron: 1.06mg (5.89%), Vitamin B5: 0.56mg (5.61%), Selenium: 3.32µg (4.74%), Vitamin B12: 0.27µg (4.43%), Calcium: 40.16mg (4.02%), Zinc: 0.5mg (3.34%)