



Red Pepper and Tomato Soup

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



117 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup chives minced
- 20 ounce condensed tomato soup canned
- 0.5 teaspoon basil dried
- 1 teaspoon rosemary dried
- 1 teaspoon thyme leaves dried
- 0.3 teaspoon garlic minced
- 1 teaspoon oregano dried
- 1 teaspoon paprika

- 0.5 cup bell pepper diced red
- 1 cup sacramento tomato juice (such as Mott's®)
- 0.5 cup tomatoes diced
- 1.5 cups water

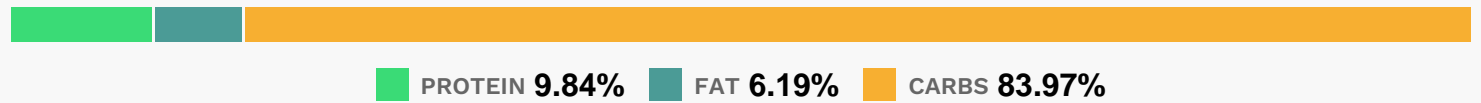
Equipment

- pot

Directions

- Combine the tomato soup and the water in a large sauce pot; simmer, stirring occasionally, for 5 minutes.
- Add the tomato juice, chives, garlic, cayenne, rosemary, thyme, oregano, basil, and paprika to the pot. Simmer soup for 25 minutes, stirring occasionally.
- Stir in the diced tomatoes and red peppers. Simmer until peppers are soft, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:75.71, Glycemic Load:8.53, Inflammation Score:-9, Nutrition Score:13.024347668109%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 117.15kcal (5.86%), Fat: 0.89g (1.36%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 24.01g (8.73%), Sugar: 15.24g (16.94%), Cholesterol: 0mg (0%), Sodium: 547.42mg (23.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.34%), Vitamin C: 57.95mg (70.24%), Vitamin A: 1978.42IU (39.57%), Potassium: 1053.06mg (30.09%), Vitamin K: 25.36µg (24.15%), Manganese: 0.36mg (18.05%), Vitamin B6: 0.28mg (14.24%), Fiber: 3.04g (12.17%), Iron: 2mg (11.13%), Vitamin B3: 2.03mg (10.17%), Magnesium: 36.88mg (9.22%), Vitamin E: 1.35mg (8.98%), Copper: 0.15mg (7.69%), Vitamin B1: 0.11mg (7.47%), Folate: 29.6µg

(7.4%), Phosphorus: 69.58mg (6.96%), Selenium: 4.58µg (6.54%), Calcium: 50.71mg (5.07%), Vitamin B2: 0.07mg (4.41%), Zinc: 0.51mg (3.43%), Vitamin B5: 0.26mg (2.58%)