



Red Pepper Bisque

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 can chicken broth ()
- ☐ 0.5 lb onion chopped
- ☐ 4 servings nonfat yogurt plain
- ☐ 12 oz pasilla peppers red canned
- ☐ 0.5 lb baking potatoes peeled thinly sliced
- ☐ 4 servings salt

Equipment

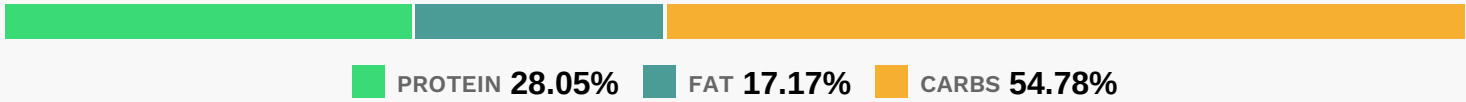
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Pour red peppers with juice into a 2- to 3-quart pan.
- ☐ Add broth, onion, and potato. Boil gently, covered, until potato begins to fall apart, about 20 minutes. Pure soup in a blender or food processor, reheat if necessary, then ladle into bowls.
- ☐ Add yogurt and salt to taste.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:10.3, Inflammation Score:-9, Nutrition Score:15.179565096031%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg, Quercetin: 11.71mg

Nutrients (% of daily need)

Calories: 148.88kcal (7.44%), Fat: 2.93g (4.51%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 21.03g (7.01%), Net Carbohydrates: 17.55g (6.38%), Sugar: 6.4g (7.12%), Cholesterol: 15.9mg (5.3%), Sodium: 356.1mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.77g (21.54%), Vitamin C: 116.3mg (140.97%), Vitamin A: 2720.84IU (54.42%), Vitamin B6: 0.57mg (28.6%), Potassium: 549.84mg (15.71%), Folate: 58.59µg (14.65%), Fiber: 3.49g (13.95%), Manganese: 0.26mg (12.9%), Phosphorus: 119.89mg (11.99%), Vitamin B3: 2.25mg (11.24%), Vitamin E: 1.46mg (9.75%), Selenium: 6.47µg (9.25%), Magnesium: 35.14mg (8.79%), Zinc: 1.28mg (8.52%), Vitamin B2: 0.14mg (8.26%), Vitamin B1: 0.12mg (7.93%), Iron: 1.39mg (7.71%), Vitamin K: 6.15µg (5.85%), Copper: 0.11mg (5.56%), Vitamin B12: 0.32µg (5.39%), Vitamin B5: 0.52mg (5.16%), Calcium: 32.92mg (3.29%)