



## Red Pepper Purée with Smoked Trout

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

### Ingredients

- 3 cups fat-skimmed chicken broth
- 3 tablespoons chives fresh minced
- 4 servings salt and fresh-ground pepper
- 1 cup half-and-half light ( cream)
- 1 large hard-cooked egg
- 0.5 cup onion chopped
- 2 oranges
- 1 pound thin-skinned potatoes

- 0.8 cup roasted peppers red canned peeled
- 0.3 pound boned smoked

## Equipment

- food processor
- bowl
- frying pan
- ladle
- knife
- blender

## Directions

- Rinse and peel potatoes; cut into 1/2-inch chunks.
- In a 2- to 3-quart pan over high heat, combine potatoes, onion, broth, and red peppers. Bring to a boil, reduce heat, cover, and simmer until potatoes mash easily, about 20 minutes.
- In a blender or food processor, whirl potato mixture until smooth. Return to pan and add half-and-half. Quick-chill soup (nest soup-filled pan in ice water and stir often until soup is cool, 15 to 20 minutes), or cover and refrigerate until cold, at least 1 hour or up to 1 day.
- Meanwhile, with a sharp knife, cut peel and white membrane from oranges. Working over a bowl, cut between inner membranes and fruit to release segments into bowl; discard peel and membrane.
- Shell egg and shred or finely chop. Break trout into flakes.
- Ladle soup into wide bowls.
- Garnish equally with orange segments and trout; sprinkle egg and chives on top.
- Add salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:28.63, Glycemic Load:3.05, Inflammation Score:-7, Nutrition Score:18.013043486554%

## Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg, Quercetin: 5.2mg

## Nutrients (% of daily need)

Calories: 361.92kcal (18.1%), Fat: 21.75g (33.46%), Saturated Fat: 12.4g (77.51%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 26.68g (9.7%), Sugar: 8.94g (9.93%), Cholesterol: 143mg (47.67%), Sodium: 1327.55mg (57.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.27%), Vitamin C: 59.95mg (72.67%), Selenium: 22.26µg (31.79%), Potassium: 957.41mg (27.35%), Vitamin B12: 1.58µg (26.33%), Phosphorus: 258.37mg (25.84%), Vitamin B6: 0.49mg (24.63%), Vitamin A: 1093.02IU (21.86%), Vitamin B2: 0.31mg (18.26%), Vitamin B3: 3.48mg (17.41%), Fiber: 4.21g (16.84%), Folate: 61.72µg (15.43%), Vitamin B1: 0.22mg (14.69%), Manganese: 0.28mg (14.05%), Magnesium: 55.81mg (13.95%), Copper: 0.28mg (13.8%), Vitamin B5: 1.3mg (13.01%), Calcium: 115.62mg (11.56%), Iron: 1.69mg (9.37%), Vitamin K: 9.81µg (9.34%), Zinc: 0.99mg (6.62%), Vitamin E: 0.79mg (5.28%), Vitamin D: 0.63µg (4.22%)