



Red Pepper Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



82 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 carrots chopped
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 1 celery stalk chopped
- ☐ 64 oz cartons chicken broth
- ☐ 12 servings garnish: croutons
- ☐ 2 tablespoons thyme leaves dried
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup rice long grain uncooked

- ☐ 1 tablespoon olive oil
- ☐ 2 onions chopped
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon pepper flakes red crushed
- ☐ 6 pasilla peppers red chopped
- ☐ 1.5 teaspoons salt

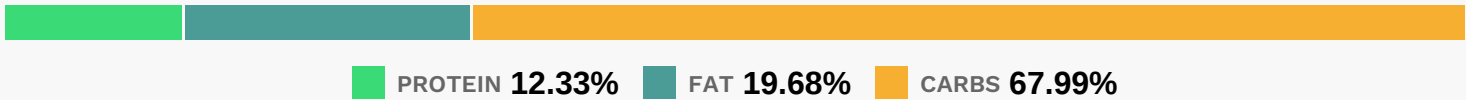
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ dutch oven

Directions

- ☐ In a large Dutch oven, saut red peppers, carrots, onions, celery and garlic in olive oil until tender. Stir in broth, rice, thyme, salt, pepper and cayenne pepper; bring to a boil. Reduce heat; cover and simmer for 20 to 25 minutes, or until vegetables and rice are tender. Cool for 30 minutes.
- ☐ Puree in small batches in a food processor or blender, return to pan and add red pepper flakes.
- ☐ Heat through.
- ☐ Garnish with croutons.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:5.75, Inflammation Score:-10, Nutrition Score:13.143478217332%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 82.17kcal (4.11%), Fat: 1.89g (2.9%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 14.65g (4.88%), Net Carbohydrates: 12.36g (4.49%), Sugar: 4.45g (4.94%), Cholesterol: 3.02mg (1.01%), Sodium: 870.3mg (37.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.66g (5.32%), Vitamin C: 78.79mg (95.5%), Vitamin A: 3606.77IU (72.14%), Manganese: 0.34mg (16.98%), Vitamin K: 16.69µg (15.9%), Vitamin B6: 0.24mg (11.97%), Vitamin B2: 0.16mg (9.5%), Folate: 36.73µg (9.18%), Fiber: 2.29g (9.17%), Vitamin E: 1.31mg (8.76%), Iron: 1.39mg (7.74%), Potassium: 233.92mg (6.68%), Vitamin B1: 0.1mg (6.42%), Vitamin B3: 1.26mg (6.29%), Phosphorus: 43.55mg (4.35%), Magnesium: 15.84mg (3.96%), Copper: 0.07mg (3.65%), Calcium: 35.72mg (3.57%), Selenium: 2.49µg (3.55%), Vitamin B5: 0.34mg (3.43%), Zinc: 0.46mg (3.06%)