



 **65%**
HEALTH SCORE

Red Pepper-Tomato Soup

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



887 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 oz canned tomatoes canned
- 0.8 teaspoon basil dried
- 2 bread french
- 1 tablespoon olive oil
- 1 cup roasted peppers red canned rinsed peeled drained
- 3 servings salt and pepper
- 1.5 oz shallots chopped
- 3 servings sugar

- 14.5 oz vegetable broth reduced-sodium canned

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- ladle
- oven
- knife
- blender
- cookie cutter
- slotted spoon

Directions

- With a heart-shaped cookie cutter or a knife, cut heart shapes (3 inches wide or smaller) out of bread.
- Lay cutouts on a baking sheet and brush tops with about 2 teaspoons oil.
- Sprinkle evenly with 1/4 teaspoon basil.
- Bake in a 350 oven until golden and crisp, about 15 minutes for a 3-inch-wide heart.
- Meanwhile, in a 2- to 3-quart pan, cook shallots, stirring often, in remaining 1 teaspoon oil over medium-high heat until shallots are translucent, about 3 minutes.
- Add broth, red peppers, tomatoes and their juice, and remaining 1/2 teaspoon basil. Bring to a boil over high heat; cover and simmer over low heat 5 to 10 minutes.
- With a slotted spoon, ladle peppers, tomatoes, and shallots into a blender or food processor; whirl until smooth. Return pure to pan; stir into liquid.
- Add salt, pepper, and sugar to taste. Ladle soup into bowls. Spoon dollops of sour cream decoratively over soup; swirl the tip of a knife through sour cream. Immediately before serving, set heart-shaped croutons on top.

Nutrition Facts

PROTEIN 14.19% FAT 11.7% CARBS 74.11%

Properties

Glycemic Index:87.86, Glycemic Load:119.53, Inflammation Score:-9, Nutrition Score:41.74956541476%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 887.21kcal (44.36%), Fat: 11.75g (18.07%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 167.45g (55.82%), Net Carbohydrates: 157.6g (57.31%), Sugar: 33.23g (36.93%), Cholesterol: 0mg (0%), Sodium: 3187.77mg (138.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.06g (64.13%), Vitamin B1: 2.03mg (135.14%), Selenium: 77.56µg (110.81%), Manganese: 1.82mg (90.78%), Folate: 360.72µg (90.18%), Vitamin B3: 15mg (74.99%), Iron: 13.19mg (73.3%), Vitamin B2: 1.24mg (72.91%), Vitamin C: 36.75mg (44.54%), Fiber: 9.85g (39.39%), Copper: 0.76mg (38.07%), Phosphorus: 346.91mg (34.69%), Vitamin B6: 0.65mg (32.37%), Magnesium: 125.47mg (31.37%), Potassium: 877.39mg (25.07%), Zinc: 3.34mg (22.28%), Calcium: 220.34mg (22.03%), Vitamin E: 3.15mg (21.03%), Vitamin A: 862.03IU (17.24%), Vitamin K: 17.09µg (16.28%), Vitamin B5: 1.37mg (13.72%)