



Roasted Eggplant-and-Red Pepper Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



95 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.5 pound eggplant cut in half lengthwise
- ☐ 3 cups less-sodium chicken broth fat-free divided
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1.5 cups onion chopped
- ☐ 2 large bell peppers red
- ☐ 0.5 teaspoon salt

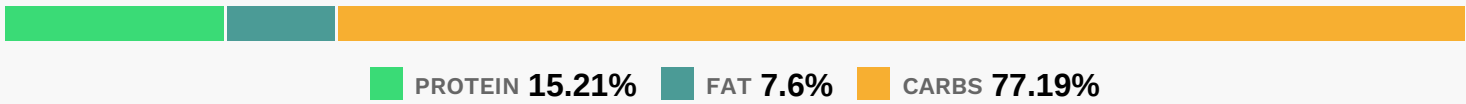
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand.
- ☐ Place eggplant halves, skin sides up, on baking sheet. Broil peppers and eggplant 15 minutes or until blackened.
- ☐ Place peppers in a zip-top plastic bag; seal.
- ☐ Let stand 10 minutes. Peel peppers. Scoop out eggplant pulp. Discard shells.
- ☐ Combine 1 cup broth and onion in a medium saucepan; bring to a boil. Reduce heat; simmer 5 minutes.
- ☐ Add 2 cups broth, bell peppers, and eggplant pulp, and simmer 10 minutes.
- ☐ Place bell pepper mixture in a blender; process until smooth. Return pureed mixture to pan. Stir in basil, salt, and black pepper.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:3.76, Inflammation Score:-10, Nutrition Score:18.031304442364%

Flavonoids

Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg, Delphinidin: 145.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg

Nutrients (% of daily need)

Calories: 95.16kcal (4.76%), Fat: 0.91g (1.4%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 12.98g (4.72%), Sugar: 12.25g (13.61%), Cholesterol: 0mg (0%), Sodium: 996.16mg (43.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin C: 113.41mg (137.47%), Vitamin A: 2687.21IU (53.74%), Fiber: 7.88g (31.54%), Manganese: 0.61mg (30.43%), Vitamin B6: 0.48mg (23.99%), Folate: 89.27µg (22.32%), Potassium: 706.53mg (20.19%), Vitamin K: 16.54µg (15.75%), Vitamin B3: 2.94mg (14.7%), Vitamin E: 1.83mg (12.2%), Vitamin B2: 0.19mg (10.93%), Copper: 0.21mg (10.71%), Magnesium: 42.43mg (10.61%), Vitamin B5: 1.02mg (10.2%), Vitamin B1: 0.15mg (10.05%), Phosphorus: 99.21mg (9.92%), Selenium: 4.65µg (6.64%), Iron: 1.16mg (6.47%), Vitamin B12: 0.34µg (5.67%), Calcium: 44.77mg (4.48%), Zinc: 0.63mg (4.18%)