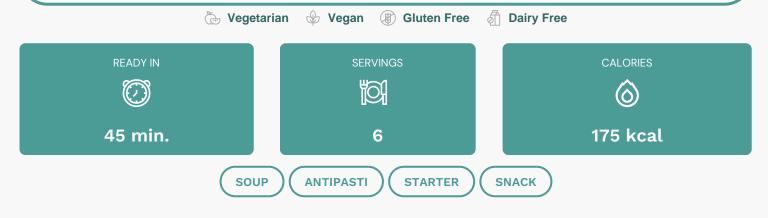


Roasted Mediterranean Vegetable Soup



Ingredients

3 tablespoons cooking oil

1 lb tomatoes cored ripe halved
3 large bell pepper yellow halved seeded
3 zucchini halved lengthwise
4 garlic clove halved
2 onion cut into eights
1 pinch thyme leaves
6 cups vegetable stock

	0.5 cup non-dairy creamer like mimiccreme	
	6 servings salt and pepper	
	6 servings basil shredded for garnish	
	6 servings basil shredded for garnish	
Equipment		
	bowl	
	sauce pan	
	ladle	
	oven	
	knife	
	baking pan	
Directions		
	Preheat oven to 375 F.	
	Brush a large shallow baking dish with olive oil.	
	Laying them cut-sized down, arrange the tomatoes, bell peppers, zucchini and eggplant in one layer (use two dishes if necessary).	
	Tuck the garlic cloves and onion pieces into the gaps and drizzle the vegetables with the remaining olive oil.	
	Season lightly with salt and pepper and sprinkle with thyme.	
	Place in preheated oven and bake uncovered, for 30-35 minutes, or until soft and browned around the edges.	
	Let cool, then scrape out the eggplant flesh and remove the skin from the bell peppers.	
	Working in batches, put the eggplant and bell pepper flesh, together with the tomatoes, zucchini, garlic and onion place into a bowl and chop together using a knife.	
	Combine the stock and chopped vegetable mixture in a saucepan and simmer over medium heat for 20-30 minutes, until all the vegetables are tender and the flavors have completely blended.	
	Stir in the cream and simmer over low heat for about 5 minutes, stirring occasionally until hot.	



Nutrition Facts

PROTEIN 7.76% FAT 46.69% CARBS 45.55%

Properties

Glycemic Index:56.67, Glycemic Load:3.41, Inflammation Score:-9, Nutrition Score:15.68347826087%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.84mg, Isorhamnetin: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Taste

Sweetness: 55.81%, Saltiness: 100%, Sourness: 49.85%, Bitterness: 35.91%, Savoriness: 46.75%, Fattiness: 53.35%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 174.79kcal (8.74%), Fat: 9.73g (14.96%), Saturated Fat: 1.05g (6.59%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 17.9g (6.51%), Sugar: 10.3g (11.45%), Cholesterol: Omg (0%), Sodium: 1162.64mg (50.55%), Protein: 3.64g (7.28%), Vitamin C: 202.64mg (245.62%), Vitamin A: 1727.99lU (34.56%), Vitamin K: 32.46µg (30.91%), Manganese: 0.5mg (24.79%), Vitamin B6: 0.45mg (22.58%), Potassium: 743.8mg (21.25%), Folate: 68.79µg (17.2%), Fiber: 3.46g (13.82%), Vitamin E: 1.95mg (13.03%), Copper: 0.23mg (11.6%), Magnesium: 43.87mg (10.97%), Phosphorus: 106.45mg (10.65%), Vitamin B3: 1.81mg (9.06%), Vitamin B2: 0.14mg (8.53%), Vitamin B1: 0.12mg (8.02%), Iron: 1.24mg (6.9%), Calcium: 54.59mg (5.46%), Vitamin B5: 0.49mg (4.89%), Zinc: 0.72mg (4.82%), Selenium: 1.17µg (1.68%)