



Roasted Mediterranean Vegetable Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

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
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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.

Taste and adjust the seasoning if needed. Ladle the soup into warm bowls, garnish with basil and serve.

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: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg

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: 0mg (0%), Sodium: 1162.64mg (50.55%), Protein: 3.64g (7.28%), Vitamin C: 202.64mg (245.62%), Vitamin A: 1727.99IU (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%)