



## Roasted Pepper-Cheddar Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup chicken broth
- 1.5 cups half and half
- 4 cups pasilla peppers jarred
- 1 cup cheddar cheese shredded

### Equipment

- sauce pan
- blender

## Directions

- Rinse 4 cups jarred peppers; blend with 1 cup chicken broth in a blender until smooth; add 1 cup half-and-half.
- Pour into medium saucepan. Stir in another 1/2 cup half-and-half; cook on medium, stirring often, about 6 minutes. Gradually stir in 1 cup shredded Cheddar.

## Nutrition Facts

**PROTEIN 16.11%** **FAT 66.79%** **CARBS 17.1%**

## Properties

Glycemic Index:18.5, Glycemic Load:1.25, Inflammation Score:-9, Nutrition Score:26.225217518599%

## Flavonoids

Luteolin: 14.04mg, Luteolin: 14.04mg, Luteolin: 14.04mg, Luteolin: 14.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

## Nutrients (% of daily need)

Calories: 534.93kcal (26.75%), Fat: 40.84g (62.82%), Saturated Fat: 23.8g (48.72%), Carbohydrates: 23.53g (7.84%), Net Carbohydrates: 18.46g (6.71%), Sugar: 15.34g (17.04%), Cholesterol: 122.38mg (40.79%), Sodium: 925.09mg (40.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.16g (44.32%), Vitamin C: 241.23mg (292.39%), Calcium: 628.16mg (62.82%), Phosphorus: 495.49mg (49.55%), Vitamin A: 2313.59IU (46.27%), Vitamin B2: 0.75mg (44.36%), Vitamin B6: 0.8mg (39.86%), Selenium: 22.27µg (31.81%), Vitamin K: 25.77µg (24.54%), Potassium: 825.73mg (23.59%), Zinc: 3.25mg (21.67%), Manganese: 0.43mg (21.25%), Fiber: 5.07g (20.26%), Vitamin B1: 0.27mg (17.69%), Vitamin B12: 0.97µg (16.12%), Magnesium: 64.38mg (16.09%), Vitamin E: 2.03mg (13.51%), Copper: 0.25mg (12.46%), Folate: 47.11µg (11.78%), Vitamin B5: 1.06mg (10.63%), Vitamin B3: 1.91mg (9.57%), Iron: 1.28mg (7.09%), Vitamin D: 0.34µg (2.26%)