



# Roasted Pepper Soup

 **Gluten Free**

READY IN

ready

13 min.

SERVINGS

servings

2

CALORIES

calories

523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 14 ounce chicken broth   canned
- ☐ 0.3 cup cooking sherry   dry
- ☐ 1 tablespoon garlic   minced
- ☐ 0.3 cup gruyere cheese   shredded finely
- ☐ 0.8 cup orange juice
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 cup roasted bell peppers   jarred rinsed drained
- ☐ 2 servings salt and pepper

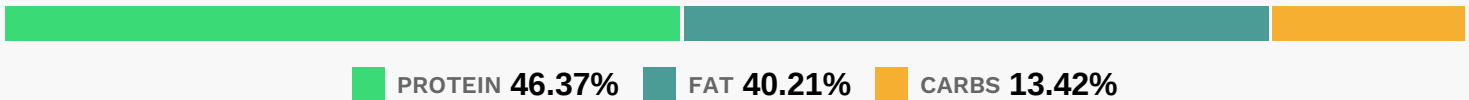
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ blender

# Directions

- ☐ In a blender, combine all ingredients except salt, pepper, and cheese. Pulse until smooth.
- ☐ Transfer soup to a medium saucepan and bring to a simmer, stirring occasionally. Season, to taste, with salt and pepper. Ladle soup into 2 bowls.
- ☐ Sprinkle cheese over top and serve.

# Nutrition Facts



# Properties

Glycemic Index:48.5, Glycemic Load:5.42, Inflammation Score:-8, Nutrition Score:22.430869454923%

# Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.23mg, Hesperetin: 11.23mg, Hesperetin: 11.23mg, Hesperetin: 11.23mg Naringenin: 2.1mg, Naringenin: 2.1mg, Naringenin: 2.1mg, Naringenin: 2.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

# Nutrients (% of daily need)

Calories: 523.13kcal (26.16%), Fat: 21.82g (33.57%), Saturated Fat: 7.64g (47.76%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 15.28g (5.56%), Sugar: 8.2g (9.11%), Cholesterol: 117.37mg (39.12%), Sodium: 2230.72mg (96.99%), Alcohol: 3.09g (100%), Alcohol %: 0.92% (100%), Protein: 56.62g (113.23%), Vitamin C: 80.37mg (97.42%), Selenium: 39.81µg (56.87%), Phosphorus: 445.98mg (44.6%), Zinc: 5.86mg (39.1%), Vitamin B12: 2.25µg (37.47%), Vitamin B6: 0.62mg (30.84%), Vitamin B3: 5.6mg (27.99%), Calcium: 244.32mg (24.43%), Vitamin A: 1058.03IU (21.16%), Iron: 3.57mg (19.84%), Potassium: 648.42mg (18.53%), Vitamin B2: 0.3mg (17.78%), Magnesium: 66.18mg

(16.54%), Copper: 0.25mg (12.56%), Manganese: 0.24mg (11.86%), Folate: 45.14µg (11.28%), Vitamin B1: 0.12mg (8.04%), Vitamin K: 5.29µg (5.04%), Vitamin E: 0.72mg (4.81%), Fiber: 1.11g (4.44%), Vitamin B5: 0.33mg (3.33%), Vitamin D: 0.3µg (1.98%)