



Roasted Red Pepper and Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



29 kcal

SIDE DISH

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 1 garlic clove
- ☐ 0.5 teaspoon ground cumin
- ☐ 1.5 teaspoons olive oil extra-virgin
- ☐ 0.5 cup bottled roasted bell peppers red
- ☐ 0.5 cup cup heavy whipping cream light sour

Equipment

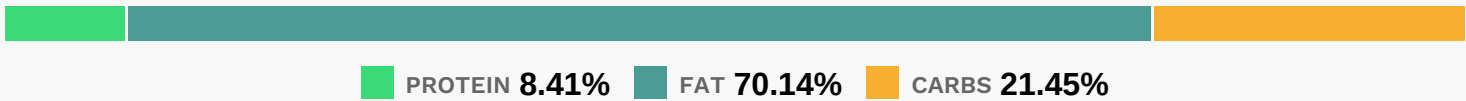
- ☐ food processor

☐ bowl

Directions

- ☐ Place red bell peppers, olive oil, cumin, and garlic clove in a food processor; process until smooth.
- ☐ Drizzle 1 tablespoon puree over soup in each bowl; top each with 1 tablespoon light sour cream and freshly ground black pepper.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.1378260737528%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 29.03kcal (1.45%), Fat: 2.33g (3.59%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 1.61g (0.54%), Net Carbohydrates: 1.45g (0.53%), Sugar: 0.04g (0.04%), Cholesterol: 5.03mg (1.68%), Sodium: 132.03mg (5.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin C: 4.32mg (5.24%), Calcium: 26.15mg (2.61%), Vitamin A: 94.82IU (1.9%), Manganese: 0.04mg (1.86%), Potassium: 48.33mg (1.38%), Phosphorus: 13.31mg (1.33%), Vitamin B2: 0.02mg (1.23%), Vitamin B6: 0.02mg (1.2%), Vitamin E: 0.16mg (1.04%), Iron: 0.18mg (1.02%), Vitamin B12: 0.06µg (1.01%)