



WHATSheATE



Roasted Red Pepper Potato Soup



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 large bell peppers red
- ☐ 1 cup onion diced yellow peeled
- ☐ 1.5 cup baking potatoes diced peeled
- ☐ 3 cloves garlic
- ☐ 1 quart chicken stock see for vegetarian option (or vegetable stock)
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 3 tablespoons butter
- ☐ 4 servings cayenne to taste

Equipment

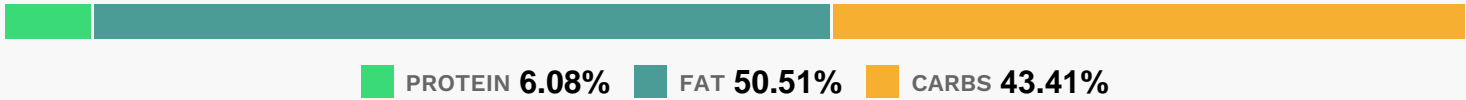
- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ grill
- ☐ broiler

Directions

- ☐ Roast bell peppers until blackened all over: Roast the red bell peppers by placing them over or under an open flame until they blacken on all sides. (You can use a grill, cooktop gas burner, or oven broiler.)
- ☐ Place the blackened peppers in a bowl, cover the bowl with a plate, and let the peppers steam for 5 minutes, or until the skins feel like they can easily be slipped off.
- ☐ Remove the peppers from the bowl, peel off the blackened skins, remove the seeds. Chop the peppers roughly.
- ☐ Sauté onions in butter:
- ☐ Heat the butter in a large soup pot over medium-high heat.
- ☐ Add the chopped onion and sauté for 2–3 minutes, stirring occasionally.
- ☐ Add the potatoes and cook another 1–2 minutes, then add the garlic and the chopped roasted peppers. Stir well and cook for 2 minutes.
- ☐ Add stock, simmer:
- ☐ Add the stock, stir well and bring to a simmer. Cook over medium heat until potatoes are soft, about 12 to 15 minutes.
- ☐ Purée soup: Purée the soup in a blender or food processor until very smooth. Fill the blender about halfway with the soup. Start the blender on low and keep your hand on the top, in case the lid wants to pop off from the rising steam. Once everything is well chopped, turn the blender to its highest setting and blend until smooth, about 1 minute. You might need to do this in batches.

- ☐
- Add cream, seasonings: Return to a clean pot set over low heat.
- ☐
- Add the cream, stir well and taste.
- ☐
- Add some cayenne, salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:67.19, Glycemic Load:12.46, Inflammation Score:-10, Nutrition Score:18.922608606193%

Flavonoids

Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg

Nutrients (% of daily need)

Calories: 244.12kcal (12.21%), Fat: 14.47g (22.27%), Saturated Fat: 8.95g (55.93%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 23.09g (8.4%), Sugar: 11.41g (12.67%), Cholesterol: 39.38mg (13.13%), Sodium: 1223.03mg (53.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin C: 216.88mg (262.88%), Vitamin A: 6121.4IU (122.43%), Vitamin B6: 0.75mg (37.64%), Folate: 91.89µg (22.97%), Vitamin E: 2.99mg (19.91%), Fiber: 4.9g (19.61%), Potassium: 664.72mg (18.99%), Manganese: 0.36mg (18.09%), Vitamin B2: 0.2mg (11.93%), Vitamin B3: 2.26mg (11.32%), Vitamin B1: 0.16mg (10.74%), Phosphorus: 99.77mg (9.98%), Vitamin K: 10.46µg (9.96%), Magnesium: 38.44mg (9.61%), Vitamin B5: 0.8mg (8.01%), Iron: 1.33mg (7.39%), Copper: 0.11mg (5.5%), Zinc: 0.71mg (4.75%), Calcium: 44.52mg (4.45%), Selenium: 1.46µg (2.09%), Vitamin D: 0.24µg (1.59%)