



 **8%**
HEALTH SCORE

Roasted Red Pepper Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



285 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black
- 15 oz canned tomatoes crushed canned
- 1 tablespoon thyme sprigs fresh plus more for garnish
- 4 cloves garlic minced
- 0.5 teaspoon kosher salt
- 2 teaspoons lemon zest grated
- 6 onion finely chopped
- 2 tablespoons pernod

- 56 oz plum tomatoes italian with their juice canned
- 28 oz roasted peppers red chopped
- 1 cup cream sour
- 0.3 lb butter unsalted
- 55 oz vegetable stock canned

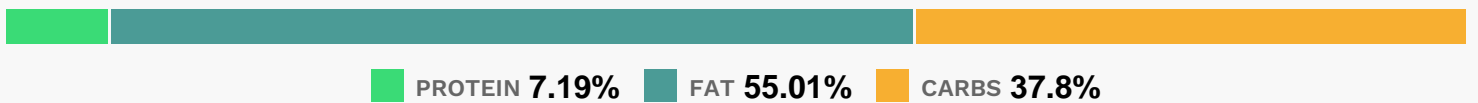
Equipment

- food processor
- bowl
- blender
- dutch oven

Directions

- In a Dutch oven or other large, heavy pot, melt butter over medium heat.
- Add onions and cook, stirring, until softened, about 10 minutes.
- Add garlic and cook, stirring, for 2 minutes.
- Add plum tomatoes and their juice, chicken broth and crushed tomatoes; bring to a boil; then simmer for 5 minutes.
- Add red peppers, Pernod (if using), thyme, salt and pepper; bring to a boil; then simmer for 5 minutes longer.
- In a bowl, stir together sour cream and lemon peel. Cover and refrigerate.
- Strain soup into a large bowl. Puree strained solids in batches in a blender or food processor, adding soup liquid to blend. Strain again over same bowl and discard solids. Wipe out Dutch oven, add soup and bring to a simmer.
- Strain soup into a serving bowl, dollop sour cream on top and garnish with thyme.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:6.14, Inflammation Score:-10, Nutrition Score:19.919564941655%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 17.92mg, Quercetin: 17.92mg, Quercetin: 17.92mg, Quercetin: 17.92mg

Nutrients (% of daily need)

Calories: 285.42kcal (14.27%), Fat: 18.03g (27.74%), Saturated Fat: 10.35g (64.68%), Carbohydrates: 27.87g (9.29%), Net Carbohydrates: 21.65g (7.87%), Sugar: 13.74g (15.26%), Cholesterol: 47.44mg (15.81%), Sodium: 2377.61mg (103.37%), Alcohol: 1.42g (100%), Alcohol %: 0.27% (100%), Protein: 5.31g (10.61%), Vitamin C: 87.09mg (105.57%), Vitamin A: 3276.08IU (65.52%), Manganese: 0.65mg (32.48%), Vitamin B6: 0.55mg (27.46%), Potassium: 944.63mg (26.99%), Fiber: 6.22g (24.89%), Copper: 0.4mg (19.77%), Vitamin K: 20.48µg (19.5%), Folate: 70.9µg (17.73%), Vitamin E: 2.19mg (14.63%), Magnesium: 56.85mg (14.21%), Calcium: 137.59mg (13.76%), Phosphorus: 137.29mg (13.73%), Iron: 2.41mg (13.41%), Vitamin B3: 2.53mg (12.66%), Vitamin B1: 0.19mg (12.44%), Vitamin B2: 0.18mg (10.41%), Zinc: 0.95mg (6.3%), Vitamin B5: 0.59mg (5.92%), Selenium: 2.46µg (3.51%), Vitamin D: 0.21µg (1.42%), Vitamin B12: 0.08µg (1.41%)