



Roasted Red Pepper Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



98 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 5 peppercorns black
- 4 cups fat-skimmed beef broth fat-free
- 2 tablespoons chives fresh chopped
- 1 tablespoon garlic fresh minced
- 2 teaspoons olive oil
- 2 cups onion diced (1 large)

- 0.3 teaspoon hot sauce hot (such as Tabasco)
- 2.8 pounds bell pepper red
- 0.5 teaspoon salt
- 3 thyme sprigs
- 3 tablespoons citrus champagne vinegar

Equipment

- bowl
- frying pan
- baking sheet
- blender
- aluminum foil
- broiler
- ziploc bags
- dutch oven
- cheesecloth

Directions

- Preheat broiler.
- Cut bell peppers in half lengthwise; discard seeds and membranes.
- Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil for 15 minutes or until blackened.
- Place in a zip-top plastic bag; seal.
- Let stand for 15 minutes. Peel and chop.
- Place peppercorns, thyme, and bay leaf on a double layer of cheesecloth. Gather edges of cheesecloth together; tie securely.
- Heat oil in a large Dutch oven over medium heat.
- Add onion and garlic; cook 15 minutes or until onion is lightly browned, stirring occasionally.

- Add bell peppers, cheesecloth bag, broth, vinegar, and hot pepper sauce to pan. Increase heat to medium-high, and bring to a boil. Cover, reduce heat, and simmer 20 minutes.
- Remove and discard cheesecloth bag; stir in salt and black pepper.
- Place half of bell pepper mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid (to prevent splatters). Blend until smooth.
- Pour pureed mixture into a large bowl; repeat procedure with remaining soup.
- Sprinkle with chives.

Nutrition Facts



PROTEIN 13.31% **FAT 18.95%** **CARBS 67.74%**

Properties

Glycemic Index:40.5, Glycemic Load:3.89, Inflammation Score:-10, Nutrition Score:19.707391479741%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg, Luteolin: 1.51mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg, Quercetin: 11.38mg

Nutrients (% of daily need)

Calories: 97.93kcal (4.9%), Fat: 2.3g (3.53%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 13.04g (4.74%), Sugar: 11.26g (12.51%), Cholesterol: 0mg (0%), Sodium: 828.56mg (36.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Vitamin C: 272.02mg (329.72%), Vitamin A: 6579.92IU (131.6%), Vitamin B6: 0.71mg (35.54%), Folate: 108.66µg (27.17%), Vitamin E: 3.49mg (23.28%), Fiber: 5.44g (21.77%), Manganese: 0.38mg (18.98%), Potassium: 578.8mg (16.54%), Vitamin B3: 2.97mg (14.85%), Vitamin B2: 0.23mg (13.43%), Vitamin K: 13.63µg (12.98%), Vitamin B1: 0.15mg (10.09%), Vitamin B5: 0.92mg (9.22%), Phosphorus: 90.22mg (9.02%), Magnesium: 33.97mg (8.49%), Iron: 1.41mg (7.84%), Selenium: 4.01µg (5.73%), Vitamin B12: 0.3µg (5.04%), Copper: 0.1mg (4.82%), Zinc: 0.68mg (4.51%), Calcium: 39.71mg (3.97%)