



Roasted Red Pepper Soup

READY IN



30 min.

SERVINGS



8

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 ounce cheese tortellini fresh uncooked
- ☐ 29 ounce chicken broth canned
- ☐ 1 teaspoon basil dried
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 teaspoon oregano dried
- ☐ 32 ounce roasted peppers red
- ☐ 0.5 teaspoon salt

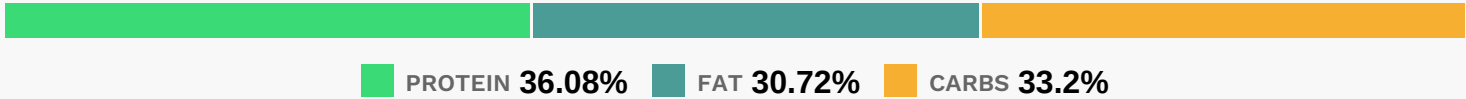
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place roasted red peppers in a blender or food processor, and blend until smooth.
- ☐ In a large saucepan, mix roasted red peppers, chicken broth, and mushrooms. Season with basil, oregano, garlic powder, salt, and pepper. Bring the mixture to a boil. Stir in tortellini, and continue cooking 8 to 10 minutes, or until pasta is al dente.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:12.87, Inflammation Score:-7, Nutrition Score:15.486521897109%

Nutrients (% of daily need)

Calories: 417.65kcal (20.88%), Fat: 14.21g (21.85%), Saturated Fat: 4.17g (26.08%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 30.25g (11%), Sugar: 2.37g (2.63%), Cholesterol: 75.62mg (25.21%), Sodium: 2471.76mg (107.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.54g (75.08%), Vitamin C: 53.34mg (64.65%), Selenium: 22µg (31.42%), Iron: 4.25mg (23.61%), Vitamin B6: 0.44mg (21.87%), Phosphorus: 206.76mg (20.68%), Vitamin B3: 4.14mg (20.68%), Zinc: 2.95mg (19.66%), Vitamin B12: 1.04µg (17.32%), Fiber: 4.29g (17.15%), Calcium: 159.72mg (15.97%), Vitamin A: 777.43IU (15.55%), Vitamin B2: 0.25mg (14.96%), Copper: 0.3mg (14.85%), Potassium: 425.55mg (12.16%), Manganese: 0.24mg (11.97%), Magnesium: 36.62mg (9.16%), Folate: 26.2µg (6.55%), Vitamin K: 6.27µg (5.97%), Vitamin B5: 0.48mg (4.75%), Vitamin B1: 0.05mg (3.57%), Vitamin E: 0.39mg (2.63%), Vitamin D: 0.16µg (1.06%)