



Roasted Red Pepper Soup Shots



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

SOUP

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 8 servings coriander seeds minced toasted
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 16 ounce roasted peppers red with their juices
- ☐ 1 tablespoon sherry vinegar

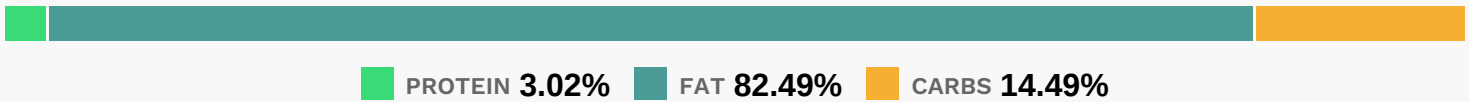
Equipment

- ☐ blender

Directions

- ☐ Purée one 16-ounce jar fire-roasted red peppers with their juices, 1 tablespoon Sherry vinegar, 1/2 teaspoon kosher salt, and 1/4 teaspoon black pepper in a blender on high speed until very smooth, about 1 minute. With motor running, gradually add 1/4 cup extra-virgin olive oil. Season to taste with salt, pepper, and more vinegar, if desired. DO AHEAD: Soup can be made 1 day ahead. Cover; chill.
- ☐ Divide soup among small cups or shot glasses.
- ☐ Garnish with parsley, olive oil, minced bell peppers, toasted coriander seeds, caper berries, feta, or minced hard-boiled egg.

Nutrition Facts



Properties

Glycemic Index: 4, Glycemic Load: 0.01, Inflammation Score: -3, Nutrition Score: 3.9095652660598%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 73.37kcal (3.67%), Fat: 7.1g (10.92%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 2.81g (0.94%), Net Carbohydrates: 1.69g (0.61%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 922.2mg (40.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.17%), Vitamin C: 26.58mg (32.22%), Vitamin E: 0.97mg (6.48%), Manganese: 0.12mg (5.95%), Vitamin A: 295.18IU (5.9%), Vitamin B6: 0.1mg (5.06%), Fiber: 1.12g (4.46%), Copper: 0.08mg (4.23%), Vitamin K: 4.17µg (3.97%), Iron: 0.67mg (3.72%), Calcium: 30.88mg (3.09%), Potassium: 97.11mg (2.77%), Magnesium: 9.72mg (2.43%), Folate: 9.08µg (2.27%), Vitamin B3: 0.33mg (1.67%), Phosphorus: 15.68mg (1.57%), Vitamin B2: 0.02mg (1.18%), Vitamin B1: 0.02mg (1.11%)