



HEALTH SCORE

60%

Roasted Red Pepper Soup with Mozzarella



Vegetarian



Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bread whole wheat
- ☐ 1 cup basil fresh thinly sliced
- ☐ 3 cloves garlic sliced
- ☐ 2 cups chicken broth reduced-sodium
- ☐ 8 small baby mozzarella balls quartered (cherry-size)
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 0.3 teaspoon pepper black

- ☐ 4 bell pepper red
- ☐ 1 cup water
- ☐ 0.5 bell pepper diced yellow

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ plastic wrap
- ☐ broiler pan

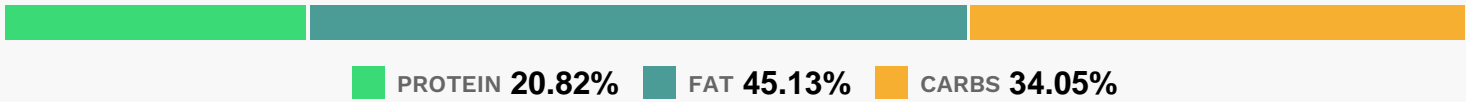
Directions

- ☐ Set oven control to broil. On rack in broiler pan, place red bell peppers. Broil with tops about 5 inches from heat for 10 to 15 minutes, turning occasionally, until skin is blistered and evenly browned. In large bowl, place roasted bell peppers; cover with plastic wrap.
- ☐ Let stand 15 minutes.
- ☐ Meanwhile, in 4-quart saucepan, heat oil over medium-low heat.
- ☐ Add onion and garlic to oil. Cook 7 to 9 minutes, stirring occasionally, until onions begin to turn brown; remove from heat.
- ☐ Remove skin, stems, seeds and membranes from roasted bell peppers; cut bell peppers into strips. Into onion mixture, stir bell pepper strips, broth, water and pepper.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 10 minutes, stirring occasionally; stir in 1/2 cup of the basil.
- ☐ In blender or food processor, place about one-third of the soup mixture. Cover; blend on high speed until smooth, stopping blender to scrape side if necessary.
- ☐ Pour into large bowl. Repeat 2 times more with remaining soup mixture.
- ☐ Divide soup evenly among 4 bowls. To serve, top soup with diced yellow bell pepper and the mozzarella; sprinkle with remaining basil.

☐

Serve with bread.

Nutrition Facts



Properties

Glycemic Index:65.17, Glycemic Load:10.66, Inflammation Score:-10, Nutrition Score:23.123478360798%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 16.71mg, Quercetin: 16.71mg, Quercetin: 16.71mg, Quercetin: 16.71mg

Nutrients (% of daily need)

Calories: 332.94kcal (16.65%), Fat: 17.71g (27.24%), Saturated Fat: 4.99g (31.19%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 24.21g (8.8%), Sugar: 9.82g (10.91%), Cholesterol: 20.16mg (6.72%), Sodium: 213.09mg (9.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.38g (36.76%), Vitamin C: 187.32mg (227.05%), Vitamin A: 4075.47IU (81.51%), Manganese: 0.97mg (48.71%), Vitamin K: 35.58µg (33.89%), Calcium: 295.76mg (29.58%), Vitamin B6: 0.58mg (28.86%), Fiber: 5.85g (23.39%), Folate: 89.74µg (22.43%), Vitamin B3: 4.32mg (21.59%), Vitamin E: 2.6mg (17.35%), Potassium: 599.32mg (17.12%), Phosphorus: 159.47mg (15.95%), Vitamin B1: 0.22mg (14.76%), Magnesium: 52.01mg (13%), Vitamin B2: 0.22mg (12.68%), Selenium: 8.13µg (11.62%), Copper: 0.23mg (11.59%), Iron: 1.97mg (10.96%), Zinc: 1.15mg (7.68%), Vitamin B5: 0.72mg (7.2%), Vitamin B12: 0.12µg (1.97%)