



Roasted Red Pepper Soup with Orange Cream

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



141 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings basil leaves fresh thinly sliced
- ☐ 2 cups low-salt chicken broth ()
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup orange juice
- ☐ 0.8 teaspoon orange peel grated
- ☐ 15 ounce roasted peppers red packed in water
- ☐ 0.7 cup shallots sliced (4)
- ☐ 1 teaspoon sugar

☐ 2 tablespoons whipping cream

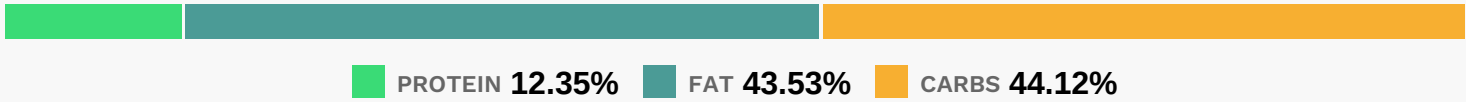
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ blender

Directions

- ☐ Heat oil in heavy medium saucepan over medium-high heat.
- ☐ Add shallots and sauté 5 minutes.
- ☐ Add red peppers with their liquid. Stir in sugar; sauté 2 minutes.
- ☐ Add 2 cups broth and simmer 5 minutes. Cool soup slightly. Working in batches, puree soup in blender. Return soup to pan. Bring to simmer; stir in orange juice. Thin soup with additional broth, if desired. Season with salt and pepper.
- ☐ Whisk whipping cream and orange peel in small bowl until slightly thickened. Season with salt and pepper. Ladle soup into bowls.
- ☐ Drizzle orange cream over.
- ☐ Sprinkle with basil and serve.

Nutrition Facts



Properties

Glycemic Index:55.52, Glycemic Load:3.97, Inflammation Score:-7, Nutrition Score:11.393913053948%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg,

Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 141.47kcal (7.07%), Fat: 7.35g (11.31%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 16.77g (5.59%), Net Carbohydrates: 14.1g (5.13%), Sugar: 7.08g (7.87%), Cholesterol: 8.48mg (2.83%), Sodium: 1498.03mg (65.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.39%), Vitamin C: 69mg (83.64%), Vitamin B6: 0.36mg (17.79%), Vitamin A: 833.72IU (16.67%), Manganese: 0.31mg (15.63%), Potassium: 464.27mg (13.26%), Copper: 0.26mg (12.78%), Vitamin B3: 2.43mg (12.15%), Fiber: 2.67g (10.69%), Vitamin K: 10.99µg (10.47%), Folate: 41.49µg (10.37%), Iron: 1.73mg (9.6%), Phosphorus: 91.14mg (9.11%), Calcium: 75.45mg (7.54%), Magnesium: 26.45mg (6.61%), Vitamin B2: 0.1mg (5.92%), Vitamin B1: 0.08mg (5.38%), Vitamin E: 0.62mg (4.12%), Zinc: 0.52mg (3.45%), Vitamin B5: 0.24mg (2.39%), Vitamin B12: 0.13µg (2.17%), Selenium: 1.06µg (1.52%)