



Roasted Red Pepper Soup With Pesto Croutons

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



309 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon butter
- 1 leaf flat parsley fresh shaved
- 1 tablespoon parsley fresh chopped
- 1 garlic clove minced
- 0.3 cup half and half
- 4 cups chicken broth low-sodium
- 1 tablespoon olive oil

- 0.3 cup basil pesto refrigerated at room temperature
- 15 oz roasted peppers red rinsed drained
- 6 servings salt and pepper to taste
- 1 shallots finely chopped
- 6 slices sourdough bread
- 1 tablespoon tomato paste

Equipment

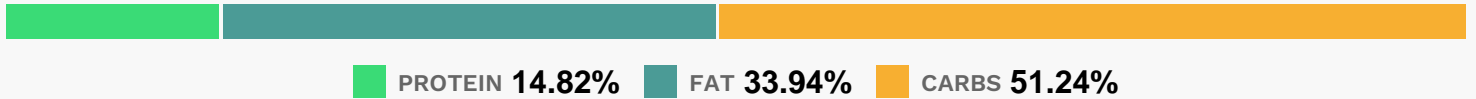
- food processor
- bowl
- frying pan
- ladle
- oven
- blender
- aluminum foil
- dutch oven

Directions

- Preheat oven to 35
- Spread pesto on 1 side of each bread slice.
- Cut each bread slice into 1/2- to 1-inch cubes.
- Place bread cubes in a single layer on a lightly greased aluminum foil-lined jelly-roll pan.
- Bake at 350 for 16 to 20 minutes or until golden, turning once after 10 minutes.
- Remove from oven, and let cool.
- Melt butter with oil in a large Dutch oven over medium-high heat.
- Add garlic and shallot, and cook, stirring constantly, 2 minutes or until vegetables are tender.
- Add tomato paste, and cook, stirring constantly, 1 minute. Stir in bell peppers and chicken broth; bring to a boil. Reduce heat to medium, and simmer, stirring occasionally, 5 minutes.
- Remove from heat; let cool 10 minutes.

- Process red pepper mixture, in batches, in a blender or food processor 8 to 10 seconds until smooth, stopping to scrape down sides. Return red pepper mixture to Dutch oven; stir in half-and-half and parsley, and cook over medium heat 5 minutes or until thoroughly heated. Season with salt and pepper to taste.
- Ladle soup into 6 bowls; top with croutons.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:49.92, Glycemic Load:26.01, Inflammation Score:-7, Nutrition Score:15.199130431465%

Flavonoids

Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg, Apigenin: 1.8mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 308.8kcal (15.44%), Fat: 11.94g (18.37%), Saturated Fat: 3.55g (22.18%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 37.85g (13.76%), Sugar: 4.57g (5.08%), Cholesterol: 9.37mg (3.12%), Sodium: 1736.47mg (75.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.73g (23.47%), Vitamin C: 35.23mg (42.7%), Vitamin B1: 0.48mg (32.07%), Vitamin B3: 5.75mg (28.73%), Selenium: 19.13µg (27.32%), Manganese: 0.48mg (23.96%), Folate: 93.45µg (23.36%), Vitamin B2: 0.37mg (21.67%), Iron: 3.67mg (20.39%), Vitamin A: 781.95IU (15.64%), Vitamin K: 16.16µg (15.39%), Phosphorus: 144.68mg (14.47%), Copper: 0.29mg (14.34%), Vitamin B6: 0.24mg (12.13%), Fiber: 2.7g (10.82%), Potassium: 375.17mg (10.72%), Calcium: 101.32mg (10.13%), Magnesium: 33.45mg (8.36%), Zinc: 1.04mg (6.94%), Vitamin E: 0.67mg (4.48%), Vitamin B12: 0.18µg (3.01%), Vitamin B5: 0.29mg (2.95%)