



Roasted Red Pepper-Tomato Soup



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



97 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 oz canned tomatoes whole canned
- ☐ 12 servings crème fraîche plain
- ☐ 3 cups fat-skimmed chicken broth
- ☐ 2 cloves garlic minced peeled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 7 oz onion peeled chopped
- ☐ 12 servings parsley chopped

- ☐ 1 tablespoon paprika such as pimentón de la vera (see notes)
- ☐ 3 bell peppers red stemmed rinsed halved seeded ()
- ☐ 12 servings salt and pepper

Equipment

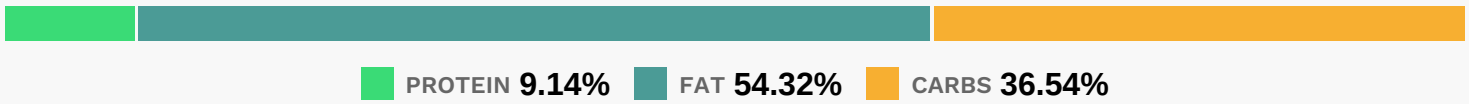
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ baking pan
- ☐ broiler
- ☐ stove

Directions

- ☐ Preheat the broiler.
- ☐ Place the red pepper halves, cut side down, in a baking pan and broil 4 to 5 inches from heat until the skins are black and blistered, about 8 minutes.
- ☐ Let cool, uncovered, 10 to 15 minutes. Peel the peppers and place in a bowl, reserving any juices.
- ☐ In a 3- to 4-quart pan over medium heat, add the olive oil and the onion; stir often until onion is soft, about 5 minutes.
- ☐ Add the garlic and stir until translucent, 1 to 2 minutes.
- ☐ Add the roasted peppers and tomatoes, along with their juices, and the paprika. Bring to a low simmer and cook, stirring occasionally, about 3 minutes.
- ☐ In a blender or food processor, pure the soup in small batches until smooth. Return pure to the pan and stir in broth and lemon juice. Stir over medium heat until hot. Season with salt and pepper to taste. Ladle into cups or bowls and garnish with a dollop of crme frache or plain yogurt and parsley.
- ☐ Do-ahead tips: Make soup up to 3 days ahead. Store airtight in the refrigerator. Reheat before serving.

- ☐
- Party short-cut: If your guests tend to congregate in the kitchen, leave this roasted red pepper soup over a low flame on the stove and set cups, ladle, and toppings nearby (that's one fewer dish to wash).
- ☐
- Wine pairing: Classic Brut sparkling wine brings elegance to this dish. Alternatively, a dry, fruity ros is an unexpected match.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:2.16, Inflammation Score:-8, Nutrition Score:12.906521786814%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg, Isorhamnetin: 0.83mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 96.74kcal (4.84%), Fat: 6.35g (9.76%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 7.06g (2.57%), Sugar: 5.46g (6.07%), Cholesterol: 7.08mg (2.36%), Sodium: 532.12mg (23.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.81%), Vitamin K: 73.63µg (70.12%), Vitamin C: 51.3mg (62.18%), Vitamin A: 1683.51IU (33.67%), Vitamin E: 2.14mg (14.24%), Vitamin B6: 0.24mg (12.13%), Manganese: 0.21mg (10.5%), Fiber: 2.54g (10.16%), Potassium: 350.86mg (10.02%), Iron: 1.5mg (8.36%), Folate: 33.16µg (8.29%), Copper: 0.16mg (8%), Vitamin B3: 1.58mg (7.9%), Vitamin B2: 0.11mg (6.3%), Magnesium: 23.39mg (5.85%), Vitamin B1: 0.09mg (5.73%), Phosphorus: 54.21mg (5.42%), Calcium: 51.6mg (5.16%), Vitamin B5: 0.43mg (4.33%), Selenium: 2.41µg (3.45%), Zinc: 0.41mg (2.73%), Vitamin B12: 0.14µg (2.31%)