



Roasted Sweet Red Pepper Soup



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



124 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2.5 cups chicken broth (from 32-oz carton)
- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 1 clove garlic chopped
- ☐ 0.8 cup yogurt plain fat free yoplait® (from 2-lb container)
- ☐ 1 small onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 7 oz roasted peppers red drained

- ☐ 0.5 teaspoon sea salt
- ☐ 1.5 teaspoons sugar

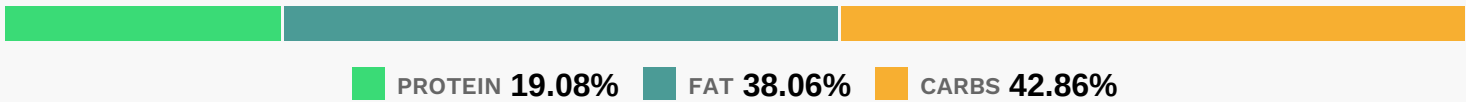
Equipment

- ☐ sauce pan
- ☐ blender

Directions

- ☐ In 3-quart saucepan, heat oil over medium heat until hot. Cook onion and garlic in oil about 5 minutes, stirring occasionally, until tender.
- ☐ Add broth, roasted peppers, sugar, salt and pepper. Cook uncovered 10 minutes over medium heat, stirring occasionally.
- ☐ Remove from heat.
- ☐ In blender, place half the mixture with half the basil. Cover; puree until smooth. Repeat. Return to saucepan; stir in yogurt, and heat over low heat just until hot (do not boil).
- ☐ Garnish with additional fresh basil and fresh ground black pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:53.03, Glycemic Load:1.99, Inflammation Score:-6, Nutrition Score:12.952173937922%

Flavonoids

Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg, Isorhamnetin: 1.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 124.37kcal (6.22%), Fat: 5.54g (8.52%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 11.77g (4.28%), Sugar: 8.59g (9.54%), Cholesterol: 5.14mg (1.71%), Sodium: 2070.05mg (90%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.49%), Vitamin K: 49.55µg (47.19%), Vitamin C: 33.37mg (40.45%), Manganese: 0.53mg (26.47%), Calcium: 224.75mg (22.48%), Vitamin B2: 0.32mg (18.75%), Iron: 3.2mg (17.79%), Phosphorus: 133.09mg (13.31%), Potassium: 398.56mg (11.39%), Vitamin B6: 0.23mg (11.34%),

Magnesium: 42.71mg (10.68%), Copper: 0.2mg (9.77%), Fiber: 2.26g (9.04%), Vitamin E: 1.19mg (7.92%), Folate: 30.69µg (7.67%), Vitamin A: 373.49IU (7.47%), Zinc: 1.09mg (7.29%), Vitamin B12: 0.41µg (6.88%), Vitamin B1: 0.1mg (6.81%), Vitamin B3: 1.04mg (5.18%), Selenium: 3.55µg (5.07%), Vitamin B5: 0.49mg (4.95%)