



 **80%**
HEALTH SCORE

Roasted Tomato-and-Red Pepper Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



147 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon marjoram fresh chopped
- 4 garlic cloves minced
- 2 tablespoons olive oil
- 1 cup onion chopped
- 0.3 teaspoon pepper
- 1.5 pounds bell peppers red
- 0.5 teaspoon salt
- 1.5 cups sacramento tomato juice

- 2 pounds tomatoes halved seeded

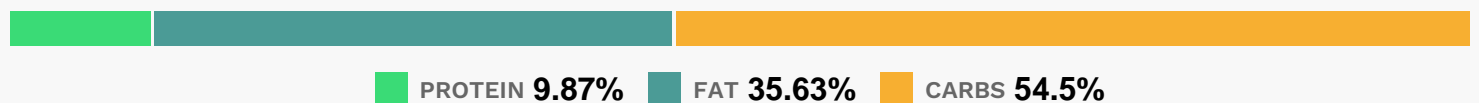
Equipment

- baking sheet
- sauce pan
- blender
- aluminum foil
- broiler
- ziploc bags

Directions

- Preheat broiler.
- Cut bell peppers in half lengthwise; discard seeds and membranes.
- Place bell peppers and tomatoes, skin sides up, on a foil-lined baking sheet; flatten peppers with hand. Broil 15 minutes or until vegetables are blackened.
- Place peppers in a zip-top plastic bag; seal, and let stand 10 minutes. Peel peppers and tomatoes; chop.
- Place half of chopped peppers and half of chopped tomatoes in a blender; process until smooth. Set aside.
- Heat oil in a saucepan over medium-low heat.
- Add onion and garlic; cover and cook 5 minutes.
- Add pureed vegetables, remaining chopped bell peppers and tomatoes, tomato juice, 1 tablespoon marjoram, salt, and pepper; cook over medium heat until thoroughly heated.
- Garnish with marjoram sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:44.47, Glycemic Load:5.34, Inflammation Score:-10, Nutrition Score:21.629130446393%

Flavonoids

Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg, Apigenin: 0.87mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

Nutrients (% of daily need)

Calories: 146.71kcal (7.34%), Fat: 6.46g (9.94%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 22.23g (7.41%), Net Carbohydrates: 16.27g (5.92%), Sugar: 14.47g (16.07%), Cholesterol: 0mg (0%), Sodium: 256.4mg (11.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.05%), Vitamin C: 216.03mg (261.85%), Vitamin A: 6135.11IU (122.7%), Vitamin B6: 0.69mg (34.54%), Vitamin K: 32.94µg (31.37%), Vitamin E: 4.18mg (27.88%), Folate: 111.17µg (27.79%), Potassium: 944.06mg (26.97%), Manganese: 0.51mg (25.28%), Fiber: 5.96g (23.84%), Vitamin B3: 2.96mg (14.8%), Vitamin B1: 0.19mg (12.99%), Magnesium: 48.48mg (12.12%), Vitamin B2: 0.18mg (10.86%), Phosphorus: 105.39mg (10.54%), Copper: 0.2mg (9.82%), Iron: 1.56mg (8.69%), Vitamin B5: 0.83mg (8.32%), Zinc: 0.85mg (5.64%), Calcium: 47.86mg (4.79%), Selenium: 0.86µg (1.23%)