



Roasted Tomato and Red Pepper Soup with Chilled Mint



Vegetarian



Gluten Free

READY IN



1500 min.

SERVINGS



4

CALORIES



139 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons mint leaves fresh finely chopped to taste
- ☐ 2 large garlic clove halved
- ☐ 0.5 teaspoon ground coriander
- ☐ 2 tablespoons cup heavy whipping cream
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 pound onion cut into 1/2-inch-thick slices

- ☐ 1 pound bell pepper red seeded quartered
- ☐ 1.5 teaspoons salt
- ☐ 0.3 teaspoon sugar
- ☐ 1 pound tomatoes cored halved
- ☐ 0.8 cup water

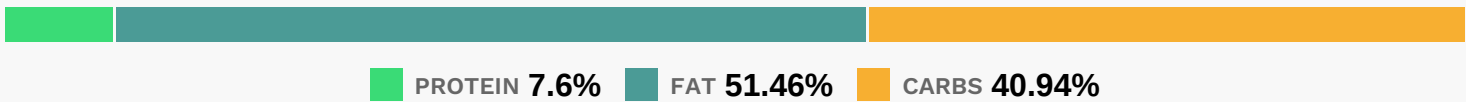
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ roasting pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Toss bell peppers, tomatoes, onion, and garlic with oil and coriander in a large roasting pan and broil about 4 inches from heat until edges of vegetables are charred, about 7 minutes. Stir vegetables, then broil until vegetables are tender, about 3 minutes more.
- ☐ Purée vegetables with any juices from pan in batches in a blender until smooth. Stir in remaining ingredients except mint.
- ☐ Cool soup, uncovered, 30 minutes, then chill, covered, until cold, at least 2 hours. Just before serving, stir in mint.
- ☐ · To chill soup quickly, set bowl with soup in a larger bowl of ice and cold water and stir until cold. Soup can be made 2 days ahead and kept chilled, covered.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:17.356956560327%

Flavonoids

Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

Nutrients (% of daily need)

Calories: 139.11kcal (6.96%), Fat: 8.63g (13.28%), Saturated Fat: 2.57g (16.07%), Carbohydrates: 15.45g (5.15%), Net Carbohydrates: 10.89g (3.96%), Sugar: 9.46g (10.51%), Cholesterol: 8.48mg (2.83%), Sodium: 888.88mg (38.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Vitamin C: 164.63mg (199.55%), Vitamin A: 4712.33IU (94.25%), Vitamin B6: 0.48mg (23.99%), Vitamin E: 3.24mg (21.59%), Folate: 78µg (19.5%), Fiber: 4.56g (18.26%), Manganese: 0.35mg (17.73%), Vitamin K: 18.05µg (17.19%), Potassium: 581.47mg (16.61%), Vitamin B3: 1.88mg (9.41%), Vitamin B2: 0.15mg (8.76%), Magnesium: 33.18mg (8.3%), Vitamin B1: 0.12mg (8.25%), Phosphorus: 74.51mg (7.45%), Iron: 1.09mg (6.07%), Copper: 0.12mg (6.06%), Vitamin B5: 0.53mg (5.33%), Calcium: 43.31mg (4.33%), Zinc: 0.61mg (4.04%), Selenium: 0.76µg (1.09%)