



Roasted Vegetable Soup

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



25

CALORIES



61 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 tsp pepper black freshly ground
- 15 oz .5 can cannellini beans rinsed canned
- 2 large carrots peeled thinly sliced
- 2.5 cups chicken broth fat-free divided reduced-sodium
- 0.3 cup basil fresh chopped
- 1 cup milk italian* three cheese blend shredded 2% kraft
- 0.3 cup lite house dressing italian kraft
- 1 large parsnips peeled thinly sliced

- 1 large bell pepper red cut into 1/2-inch chunks
- 1 large sweet potatoes and into peeled cut into 1/2-inch chunks

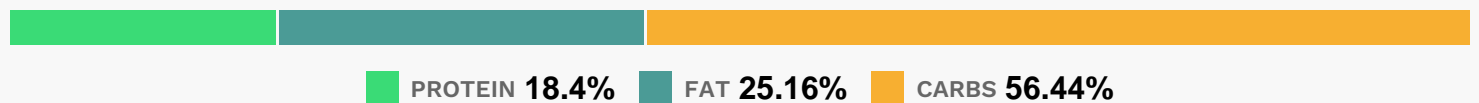
Equipment

- frying pan
- sauce pan
- oven
- blender

Directions

- Heat oven to 375F.
- Spread vegetables onto bottom of 15x10x1-inch pan.
- Drizzle with dressing; toss to evenly coat vegetables.
- Bake 40 to 45 min. or until tender, stirring after 20 min.
- Add 1/2 cup broth and 1-1/2 cups vegetables to blender; blend until smooth.
- Pour into large saucepan.
- Add remaining broth, remaining vegetables, beans and black pepper. Bring to boil on high heat; simmer on medium-low heat 10 min., stirring occasionally.
- Serve topped with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:12.87, Glycemic Load:2.91, Inflammation Score:-9, Nutrition Score:6.3395652511845%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 60.89kcal (3.04%), Fat: 1.77g (2.72%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 7.07g (2.57%), Sugar: 1.75g (1.95%), Cholesterol: 0.9mg (0.3%), Sodium: 137.9mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.91g (5.81%), Vitamin A: 3110.82IU (62.22%), Vitamin C: 10.17mg (12.33%), Manganese: 0.18mg (9.2%), Fiber: 1.84g (7.37%), Potassium: 188.6mg (5.39%), Vitamin K: 5.59µg (5.33%), Folate: 21.22µg (5.3%), Iron: 0.72mg (4.02%), Magnesium: 15.92mg (3.98%), Vitamin B6: 0.08mg (3.95%), Copper: 0.08mg (3.87%), Phosphorus: 33.04mg (3.3%), Calcium: 31.86mg (3.19%), Vitamin E: 0.46mg (3.05%), Vitamin B1: 0.04mg (2.8%), Vitamin B5: 0.24mg (2.42%), Zinc: 0.31mg (2.04%), Vitamin B3: 0.39mg (1.96%), Vitamin B2: 0.03mg (1.86%), Selenium: 1.03µg (1.47%)