



Roasted-Vegetable Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



86 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baking potato cubed peeled
- ☐ 0.3 teaspoon pepper black
- ☐ 28 ounce canned tomatoes whole undrained chopped canned
- ☐ 1 cup carrots chopped
- ☐ 1 teaspoon basil dried
- ☐ 3 garlic cloves sliced
- ☐ 1 tablespoon olive oil
- ☐ 2.5 cups onion coarsely chopped

- ☐ 1 teaspoon oregano dried
- ☐ 1 pound plum tomatoes halved
- ☐ 0.3 teaspoon salt
- ☐ 4 cups vegetable broth (1 [32-ounce] box)

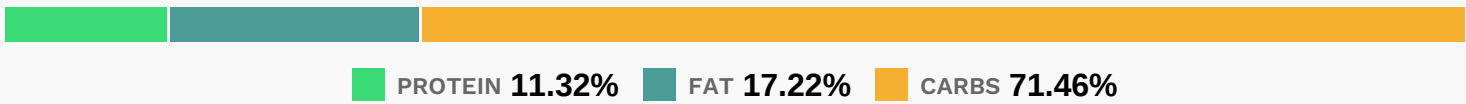
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 7 ingredients in a jelly-roll pan; toss to coat.
- ☐ Bake at 425 for 30 minutes or until vegetables are tender.
- ☐ Combine broth and remaining ingredients in a large Dutch oven; bring to a boil. Reduce heat; simmer 15 minutes or until potato is tender.
- ☐ Add the roasted vegetables to potato mixture.
- ☐ Place half of vegetable mixture in a blender, and process until smooth.
- ☐ Pour pured mixture into a large bowl; repeat procedure with remaining vegetable mixture. Return to pan; cook 5 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:34.66, Glycemic Load:6.09, Inflammation Score:-9, Nutrition Score:10.367391233859%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg, Quercetin: 8.43mg

Nutrients (% of daily need)

Calories: 85.97kcal (4.3%), Fat: 1.81g (2.79%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 13.5g (4.91%), Sugar: 7.9g (8.78%), Cholesterol: 0mg (0%), Sodium: 552.68mg (24.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin A: 2892.55IU (57.85%), Vitamin C: 18.37mg (22.27%), Manganese: 0.33mg (16.59%), Potassium: 511.44mg (14.61%), Vitamin B6: 0.29mg (14.38%), Fiber: 3.44g (13.76%), Vitamin K: 13.81µg (13.15%), Copper: 0.22mg (10.78%), Vitamin E: 1.58mg (10.54%), Iron: 1.6mg (8.88%), Vitamin B3: 1.59mg (7.94%), Magnesium: 31.41mg (7.85%), Vitamin B1: 0.12mg (7.85%), Folate: 30.07µg (7.52%), Phosphorus: 62.64mg (6.26%), Calcium: 54.23mg (5.42%), Vitamin B2: 0.08mg (4.49%), Vitamin B5: 0.4mg (3.99%), Zinc: 0.46mg (3.05%), Selenium: 0.89µg (1.27%)