



Smoky Bell Pepper Soup

 Vegetarian

READY IN



23 min.

SERVINGS



8

CALORIES



141 kcal

SOUP

Ingredients

- ☐ 0.3 cup almonds
- ☐ 1 ounce bread french
- ☐ 1.5 tablespoons canola oil
- ☐ 2.3 cups chicken stock see unsalted such as Swanson
- ☐ 8 garlic cloves chopped
- ☐ 0.3 cup heavy whipping cream
- ☐ 0.4 teaspoon kosher salt
- ☐ 1.5 cups onion chopped

- ☐ 24 ounce roasted red bell peppers red rinsed drained well
- ☐ 2 teaspoons sherry vinegar
- ☐ 0.5 teaspoon paprika smoked

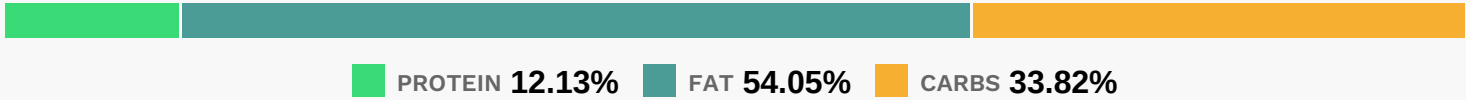
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat a medium saucepan over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion; saut 5 minutes or until tender.
- ☐ Add garlic; saut 1 1/2 minutes.
- ☐ Add paprika; cook 30 seconds, stirring constantly.
- ☐ Add stock and bell peppers; bring to a simmer.
- ☐ Place bell pepper mixture, almonds, and bread in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure lid on blender.
- ☐ Place a towel over opening in lid. Blend until smooth.
- ☐ Add cream, and pulse to combine.
- ☐ Return pureed soup to saucepan.
- ☐ Heat soup over medium heat 3 minutes or until thoroughly heated. Stir in vinegar and salt.
- ☐ Garnish with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:1.85, Inflammation Score:0, Nutrition Score:9.3082609027624%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 140.74kcal (7.04%), Fat: 8.83g (13.58%), Saturated Fat: 2.37g (14.82%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 10.09g (3.67%), Sugar: 3g (3.33%), Cholesterol: 10.43mg (3.48%), Sodium: 1390.56mg (60.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin C: 42.9mg (52%), Manganese: 0.37mg (18.61%), Vitamin B6: 0.28mg (14.05%), Vitamin A: 616.16IU (12.32%), Vitamin E: 1.74mg (11.62%), Copper: 0.22mg (11.04%), Vitamin B2: 0.17mg (9.98%), Vitamin B3: 1.97mg (9.84%), Fiber: 2.34g (9.35%), Potassium: 299.05mg (8.54%), Phosphorus: 79.4mg (7.94%), Magnesium: 30.12mg (7.53%), Calcium: 71.01mg (7.1%), Iron: 1.27mg (7.06%), Folate: 28.11µg (7.03%), Vitamin B1: 0.09mg (6.02%), Selenium: 3.75µg (5.36%), Zinc: 0.53mg (3.56%), Vitamin K: 2.69µg (2.56%), Vitamin B5: 0.16mg (1.59%)