



Spiced pepper & corn soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



518 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 large chillies red
- ☐ 3 pasilla peppers red
- ☐ 2 tbsp olive oil
- ☐ 1 small onion finely chopped
- ☐ 2 garlic cloves crushed
- ☐ 1.5 l vegetable stock
- ☐ 800 g potatoes cut in to 2cm cubes
- ☐ 450 g sweetcorn kernels frozen thawed

- ☐ 6 spring onion very finely sliced
- ☐ 6 tbsp freshly coriander chopped
- ☐ 150 ml double cream pot

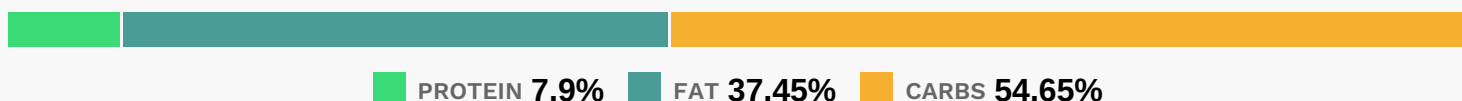
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Grill chillies and peppers for 5–10 mins, turning often, until the skin is blistered and lightly charred.
- ☐ Place in a plastic bag, then set aside to cool. Once cooled, peel off the skins, deseed and roughly chop the flesh.
- ☐ Heat the oil in a large pan.
- ☐ Add the onion and cook for 5 mins until softened.
- ☐ Add the garlic and cook for a further 2 mins.
- ☐ Add the vegetable stock and potatoes, bring to the boil, then simmer for 10 mins until tender.
- ☐ Allow to cool slightly.
- ☐ Place in a food processor, then process to a coarse pure. Return the mixture to the pan and bring to the boil.
- ☐ Add the sweetcorn and some of the chillies, peppers and spring onions, then simmer for 2 mins. Stir in the coriander and cream. Season, top with the remaining chilles, peppers and spring onions and serve with warmed pitta bread, if liked.

Nutrition Facts



Properties

Glycemic Index:95.56, Glycemic Load:41.96, Inflammation Score:-10, Nutrition Score:29.724782539451%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg, Kaempferol: 1.98mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 518.1kcal (25.91%), Fat: 22.91g (35.25%), Saturated Fat: 9.99g (62.45%), Carbohydrates: 75.22g (25.07%), Net Carbohydrates: 65.09g (23.67%), Sugar: 17.06g (18.95%), Cholesterol: 42.63mg (14.21%), Sodium: 1523.09mg (66.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.88g (21.76%), Vitamin C: 197.7mg (239.63%), Vitamin A: 4876.85IU (97.54%), Vitamin B6: 1.18mg (59.23%), Vitamin K: 56.41µg (53.72%), Potassium: 1468.3mg (41.95%), Fiber: 10.13g (40.5%), Manganese: 0.72mg (35.76%), Folate: 120.88µg (30.22%), Phosphorus: 269.7mg (26.97%), Vitamin B3: 5.31mg (26.56%), Magnesium: 99.66mg (24.91%), Vitamin B1: 0.36mg (23.86%), Vitamin E: 3.16mg (21.07%), Vitamin B5: 1.95mg (19.55%), Vitamin B2: 0.32mg (18.59%), Copper: 0.35mg (17.35%), Iron: 3.1mg (17.21%), Zinc: 1.77mg (11.8%), Calcium: 81.84mg (8.18%), Vitamin D: 0.6µg (4.02%), Selenium: 2.57µg (3.67%), Vitamin B12: 0.06µg (1.01%)