



Spicy Red Bell Pepper Cream Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 carrots chopped
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 tablespoon dairy-free margarine
- ☐ 4 cloves garlic chopped
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1.5 cups cashew pieces raw
- ☐ 4 bell peppers red seeded roughly chopped
- ☐ 0.3 teaspoon pepper flakes red crushed

- ☐ 0.5 teaspoon salt
- ☐ 6 cups vegetable broth
- ☐ 1 onion yellow roughly chopped

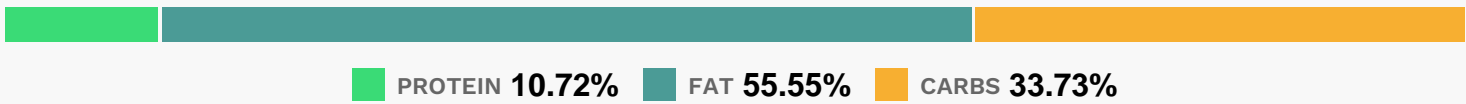
Equipment

- ☐ pot
- ☐ blender

Directions

- ☐ Heat the olive oil or dairy-free margarine in a large soup pot over medium heat. Stir in the bell peppers, carrots, onion, and garlic. Cook, and stir the vegetables until they're soft, about 10 minutes.
- ☐ Add the vegetable broth, cayenne pepper, red pepper flakes, and 1/2 teaspoon of the salt, and bring the mixture to a boil. Reduce heat, cover, and simmer until the vegetables are tender, about 20 minutes.
- ☐ Remove from heat, and let the soup cool for 10 minutes, while you make the cashew cream.
- ☐ Add the cashews to a blender (high-powered is best), and blend on high power.
- ☐ Add about 1/4 to 3/4 cup of the broth from the soup, and continue to blend until you have a thick cashew cream.
- ☐ Add the rest of the soup contents to the blender, and blend until smooth while firmly holding down the lid. The steam from hot soup can push the lid off if not careful! Test for seasoning, and add more salt, if needed, as well as the ground pepper. Blend again, and then return to the soup pot to heat up.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:18.472173918848%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 191.31kcal (9.57%), Fat: 12.63g (19.44%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 14.24g (5.18%), Sugar: 7.12g (7.91%), Cholesterol: 0mg (0%), Sodium: 873.32mg (37.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.48g (10.97%), Vitamin A: 6105.49IU (122.11%), Vitamin C: 79.16mg (95.96%), Copper: 0.56mg (28.19%), Manganese: 0.56mg (28.06%), Magnesium: 82.67mg (20.67%), Phosphorus: 173.76mg (17.38%), Vitamin B6: 0.34mg (17.19%), Vitamin K: 15.64µg (14.89%), Fiber: 3.02g (12.1%), Iron: 2.03mg (11.3%), Potassium: 388.66mg (11.1%), Zinc: 1.65mg (10.99%), Vitamin E: 1.61mg (10.72%), Vitamin B1: 0.16mg (10.62%), Folate: 40.53µg (10.13%), Selenium: 5.2µg (7.43%), Vitamin B3: 1.1mg (5.52%), Vitamin B2: 0.08mg (4.98%), Vitamin B5: 0.49mg (4.88%), Calcium: 27.5mg (2.75%)