



Spicy Red Bell Pepper Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



10

CALORIES



94 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 carrots chopped
- 0.3 teaspoon cayenne pepper
- 2 rib celery chopped
- 2 quarts chicken broth
- 1 tablespoon olive oil extra virgin
- 2 tablespoons thyme leaves fresh chopped
- 4 cloves garlic chopped
- 0.5 teaspoon ground pepper black

- 0.5 cup rice long grain
- 6 bell peppers red seeded chopped
- 0.3 teaspoon pepper flakes red crushed
- 1 teaspoon salt
- 2 onions yellow chopped

Equipment

- pot
- blender
- immersion blender

Directions

- Heat the olive oil in a large pot over medium-high heat. Stir in the bell peppers, carrots, onions, celery, and garlic. Cook and stir the vegetables until soft, about 10 minutes. Stir in the chicken broth, rice, thyme, cayenne pepper, red pepper flakes, salt and pepper, and bring the mixture to a boil. Reduce heat, cover, and simmer until the rice and vegetables are tender, about 25 minutes.
- Remove from heat. and cool 30 minutes.
- Blend the cooled soup until smooth using an hand-held immersion blender directly in the pot. Or use a blender, and blend the soup in batches until smooth.

Nutrition Facts



PROTEIN 12.64% **FAT 19.86%** **CARBS 67.5%**

Properties

Glycemic Index:33.8, Glycemic Load:6.39, Inflammation Score:-10, Nutrition Score:14.192608537881%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg,

Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 93.64kcal (4.68%), Fat: 2.17g (3.34%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 16.62g (5.54%), Net Carbohydrates: 14g (5.09%), Sugar: 5.36g (5.95%), Cholesterol: 3.79mg (1.26%), Sodium: 948.73mg (41.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.22%), Vitamin C: 96.4mg (116.85%), Vitamin A: 4381.59IU (87.63%), Manganese: 0.37mg (18.65%), Vitamin B6: 0.29mg (14.43%), Vitamin B2: 0.2mg (11.71%), Fiber: 2.62g (10.46%), Vitamin E: 1.54mg (10.25%), Folate: 40.9µg (10.23%), Potassium: 283.75mg (8.11%), Vitamin B3: 1.45mg (7.26%), Vitamin B1: 0.11mg (7.1%), Vitamin K: 6.38µg (6.08%), Phosphorus: 51.24mg (5.12%), Iron: 0.89mg (4.96%), Magnesium: 19.33mg (4.83%), Copper: 0.09mg (4.43%), Vitamin B5: 0.41mg (4.13%), Selenium: 2.54µg (3.63%), Zinc: 0.52mg (3.49%), Calcium: 33.01mg (3.3%)