



## Summer Tomato and Bell Pepper Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



242 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 tablespoons basil fresh thinly sliced
- ☐ 1 garlic clove pressed
- ☐ 4.3 inch goat cheese fresh soft
- ☐ 6 grape tomatoes cut in half
- ☐ 1 tablespoon horseradish white prepared
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 servings olive oil extra virgin extra-virgin (for drizzling)
- ☐ 1 dash hot sauce generous hot

- ☐ 1 tablespoon red wine vinegar
- ☐ 0.5 cup roasted peppers red generous finely chopped ()
- ☐ 4 servings sea salt fine
- ☐ 2.3 cups sacramento tomato juice
- ☐ 11 ounces tomatoes finely chopped

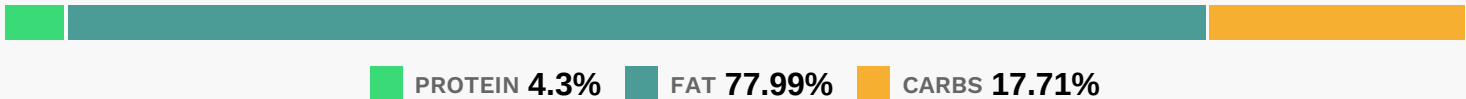
Equipment

- ☐ bowl
- ☐ ladle
- ☐ whisk

Directions

- ☐ Combine first 8 ingredients in large bowl; whisk to blend. Season soup to taste with sea salt and freshly ground black pepper. Cover and refrigerate until well chilled and flavors blend, at least 2 hours. DO AHEAD: Can be made 6 hours ahead. Keep chilled.
- ☐ Ladle soup into 4 bowls. Top each with 1 goat cheese round and 3 grape tomato halves.
- ☐ Sprinkle with freshly ground black pepper and basil.
- ☐ Drizzle with oil and serve.

Nutrition Facts



Properties

Glycemic Index:60.58, Glycemic Load:2.88, Inflammation Score:-8, Nutrition Score:12.018695760356%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 241.78kcal (12.09%), Fat: 21.94g (33.76%), Saturated Fat: 3.35g (20.95%), Carbohydrates: 11.21g (3.74%),  
Net Carbohydrates: 9.06g (3.29%), Sugar: 7.92g (8.8%), Cholesterol: 1.27mg (0.42%), Sodium: 479.63mg (20.85%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Vitamin C: 48.71mg (59.04%), Vitamin A:  
1649.28IU (32.99%), Vitamin E: 4.03mg (26.89%), Vitamin K: 28.22µg (26.88%), Potassium: 601.41mg (17.18%),  
Vitamin B6: 0.29mg (14.31%), Manganese: 0.28mg (13.77%), Folate: 48.83µg (12.21%), Copper: 0.2mg (9.81%), Fiber:  
2.15g (8.62%), Vitamin B3: 1.67mg (8.36%), Magnesium: 30.78mg (7.69%), Vitamin B1: 0.11mg (7.4%), Iron: 1.26mg  
(6.98%), Phosphorus: 63.15mg (6.32%), Vitamin B2: 0.08mg (4.72%), Vitamin B5: 0.47mg (4.69%), Calcium:  
40.83mg (4.08%), Zinc: 0.49mg (3.25%), Selenium: 0.75µg (1.08%)