



Tomato and Roasted Pepper Soup (Sopa de Tomate y Pimentón)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



86 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup basil chopped
- ☐ 1 tablespoon parsley dried
- ☐ 2 garlic cloves
- ☐ 1 pinch ground cumin
- ☐ 2 tablespoons heavy cream
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.5 teaspoon oregano dried
- ☐ 1 small roasted pepper diced
- ☐ 6 servings salt and pepper
- ☐ 4 cups dice tomatoes canned
- ☐ 1 vegetable bouillon tablet
- ☐ 4 cups water

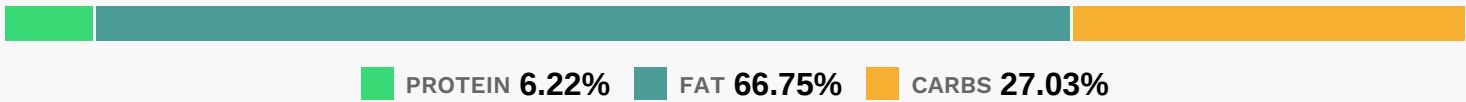
Equipment

- ☐ pot
- ☐ blender
- ☐ stove
- ☐ immersion blender

Directions

- ☐ Heat the olive oil in a medium pot over medium heat.
- ☐ Add the onion and cook for about 5 minutes or until translucent.
- ☐ Add the garlic and cook for 2 minutes more.
- ☐ Add the tomatoes and red pepper and cook for 5 minutes.
- ☐ Add the water, vegetable bouillon tablet, basil, oregano, cumin, salt and pepper. Simmer for 25 to 30 minutes over medium-low heat.
- ☐ Transfer the soup to a blender or use an immersion blender and puree until smooth.
- ☐ Transfer the soup back to the pot and bring to a boil.
- ☐ Remove from the stove and add the heavy cream. Season with salt and pepper if necessary and serve hot.

Nutrition Facts



Properties

Glycemic Index:36.67, Glycemic Load:1.39, Inflammation Score:-7, Nutrition Score:6.1469565370808%

Flavonoids

Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg, Apigenin: 15.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg, Isorhamnetin: 1.77mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 85.78kcal (4.29%), Fat: 6.74g (10.37%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 6.14g (2.05%), Net Carbohydrates: 4.45g (1.62%), Sugar: 3.37g (3.74%), Cholesterol: 5.65mg (1.88%), Sodium: 295.49mg (12.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin C: 18.41mg (22.31%), Vitamin A: 995.98IU (19.92%), Vitamin K: 20.61µg (19.62%), Manganese: 0.21mg (10.53%), Vitamin E: 1.33mg (8.84%), Potassium: 287.03mg (8.2%), Fiber: 1.69g (6.76%), Vitamin B6: 0.13mg (6.35%), Copper: 0.11mg (5.42%), Folate: 20.33µg (5.08%), Magnesium: 17.6mg (4.4%), Phosphorus: 35.71mg (3.57%), Vitamin B3: 0.7mg (3.5%), Calcium: 33.92mg (3.39%), Vitamin B1: 0.05mg (3.25%), Iron: 0.57mg (3.18%), Vitamin B2: 0.04mg (2.62%), Zinc: 0.27mg (1.83%), Vitamin B5: 0.13mg (1.33%)