



Tomato and Roasted Sweet Pepper Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



5

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 large bell pepper red yellow
- 1 tablespoon vegetable oil
- 0.5 cup onion chopped
- 2 cloves garlic finely chopped
- 28 oz canned tomatoes with basil, undrained organic crushed canned
- 3.5 cups chicken broth reduced-sodium (from 32-oz carton)
- 1 teaspoon sugar
- 0.3 teaspoon pepper black red crushed

0.3 teaspoon coarse salt (kosher or sea salt)

Equipment

frying pan

sauce pan

oven

aluminum foil

Directions

Line 15x10x1-inch pan with foil. Set oven control to broil.

Cut bell peppers into quarters, removing membranes and seeds.

Place skin sides up in pan; press down to flatten.

Broil peppers with tops 4 to 6 inches from heat about 10 minutes or until blackened. Wrap foil around peppers; let stand 20 minutes.

Remove skin from peppers; discard.

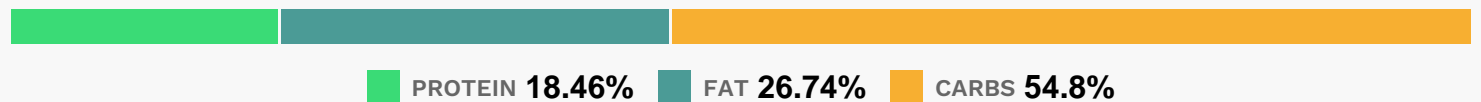
Cut peppers into 1/2-inch pieces. Set aside.

Meanwhile, in 4-quart saucepan, heat oil over medium-high heat. Cook onion and garlic in oil 2 to 3 minutes, stirring constantly, until crisp-tender.

Stir in tomatoes, broth, sugar, red pepper flakes and salt.

Heat to boiling. Reduce heat; simmer 15 minutes. Stir in roasted peppers; heat until hot.

Nutrition Facts



Properties

Glycemic Index:39.42, Glycemic Load:5.08, Inflammation Score:-9, Nutrition Score:18.025652102802%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin:

3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 129.89kcal (6.49%), Fat: 4.39g (6.76%), Saturated Fat: 0.82g (5.14%), Carbohydrates: 20.25g (6.75%), Net Carbohydrates: 15.52g (5.64%), Sugar: 11.45g (12.72%), Cholesterol: 0mg (0%), Sodium: 380.51mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.82g (13.65%), Vitamin C: 100.13mg (121.37%), Vitamin A: 2425.34IU (48.51%), Vitamin B3: 4.88mg (24.42%), Vitamin B6: 0.48mg (24.09%), Potassium: 775.81mg (22.17%), Vitamin E: 3.29mg (21.9%), Manganese: 0.41mg (20.34%), Copper: 0.4mg (19.85%), Fiber: 4.73g (18.9%), Vitamin K: 16.82µg (16.02%), Iron: 2.77mg (15.37%), Folate: 53.92µg (13.48%), Phosphorus: 124.19mg (12.42%), Vitamin B2: 0.19mg (11.45%), Vitamin B1: 0.16mg (10.97%), Magnesium: 43.33mg (10.83%), Calcium: 71.44mg (7.14%), Vitamin B5: 0.68mg (6.77%), Zinc: 0.8mg (5.36%), Vitamin B12: 0.17µg (2.75%), Selenium: 1.29µg (1.85%)