



## Tomato Red Pepper Soup

 Gluten Free

READY IN



60 min.

SERVINGS



8

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 4 bay leaves
- 14.5 ounce canned tomatoes diced undrained canned
- 4 stalks celery chopped
- 5 cups chicken stock see
- 5 cloves garlic chopped
- 2 large onions chopped
- 1 cup parmesan cheese grated
- 4 bell peppers red seeded quartered

- 8 servings salt and pepper black to taste

## Equipment

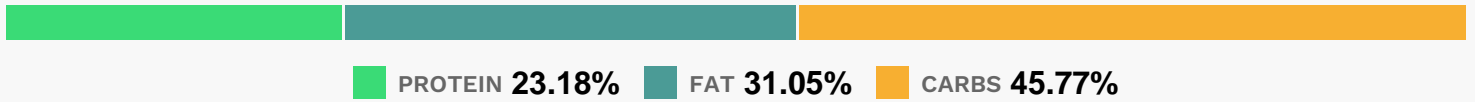
- sauce pan
- oven
- whisk
- pot
- blender
- broiler
- kitchen towels
- colander

## Directions

- Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
- Arrange the pepper pieces on the broiler rack so they don't touch each other, and broil until the skin is mostly charred and the peppers are softened, 8 to 10 minutes.
- Place the peppers into a resealable plastic zipper bag and allow to cool; strip off skin once cooled. Coarsely chop the peppers.
- Place the chopped peppers, onions, celery, garlic, chicken stock, and bay leaves into a large saucepan over medium heat, and bring to a boil. Cover, reduce heat to medium-low, and simmer until the onions are and celery are tender, about 15 minutes. Stir in 2 28-ounce cans of diced tomatoes, and remove from heat.
- Remove and discard bay leaves.
- Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth. Alternately, you can use a stick blender and puree the soup right in the cooking pot.
- Return the blended soup to the saucepan, and stir in the 14.5 ounce can of diced tomatoes and the Parmesan cheese. Bring the soup to a simmer over medium-low heat, whisking constantly to melt the cheese. Season to taste with salt and pepper.
- Bring a pot of water to a boil, and stir in the tortellini. Boil the tortellini over medium-low heat until tender, about 5 minutes; drain in a colander set in the sink, rinse with water, and stir into

the soup.

## Nutrition Facts



### Properties

Glycemic Index:19.88, Glycemic Load:2.84, Inflammation Score:-9, Nutrition Score:16.475217276293%

### Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg, Quercetin: 7.86mg

### Nutrients (% of daily need)

Calories: 159.29kcal (7.96%), Fat: 5.71g (8.78%), Saturated Fat: 2.5g (15.64%), Carbohydrates: 18.93g (6.31%), Net Carbohydrates: 15.7g (5.71%), Sugar: 9.02g (10.02%), Cholesterol: 15.38mg (5.13%), Sodium: 715.08mg (31.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.17%), Vitamin C: 85.19mg (103.26%), Vitamin A: 2179.86IU (43.6%), Vitamin B6: 0.44mg (21.79%), Vitamin B3: 3.71mg (18.56%), Phosphorus: 170.26mg (17.03%), Potassium: 571.17mg (16.32%), Vitamin B2: 0.27mg (15.98%), Calcium: 157.19mg (15.72%), Folate: 56.77µg (14.19%), Manganese: 0.28mg (13.81%), Fiber: 3.24g (12.94%), Selenium: 8.58µg (12.25%), Vitamin E: 1.75mg (11.69%), Vitamin K: 12.19µg (11.61%), Copper: 0.22mg (10.89%), Vitamin B1: 0.15mg (10.12%), Magnesium: 34.28mg (8.57%), Iron: 1.47mg (8.16%), Zinc: 1.15mg (7.68%), Vitamin B5: 0.48mg (4.79%), Vitamin B12: 0.17µg (2.81%)