



Yellow-Pepper Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



72 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup celery diced
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1.8 cups low-salt chicken broth
- ☐ 2 teaspoons olive oil
- ☐ 0.7 cup onion chopped
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups water

- ☐ 2 bell peppers yellow halved seeded cut into quarters (3/4 pound)
- ☐ 0.8 cup yukon gold red cubed peeled

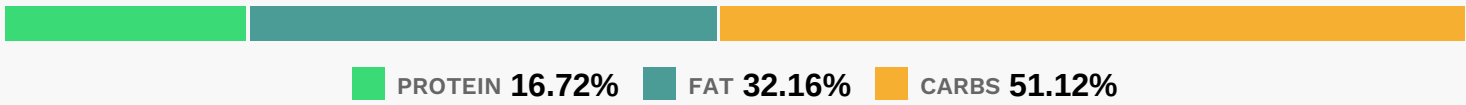
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat olive oil in a large saucepan over medium-low heat.
- ☐ Add onion and celery; cook 7 minutes or until onion is soft.
- ☐ Add the broth and next 6 ingredients (broth through bell peppers); bring to a boil. Cover, reduce heat, and simmer 40 minutes or until vegetables are tender.
- ☐ Place half of the bell pepper mixture in a blender, and process until smooth.
- ☐ Pour pureed bell pepper mixture into a large bowl. Repeat procedure with remaining bell pepper mixture. Spoon soup into bowls; garnish with parsley, if desired

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:8.577391329019%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 72.28kcal (3.61%), Fat: 2.81g (4.33%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 8.65g (3.15%), Sugar: 1.56g (1.73%), Cholesterol: 0mg (0%), Sodium: 191.62mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Vitamin C: 112.66mg (136.55%), Vitamin B3: 2.17mg (10.84%),

Potassium: 341.13mg (9.75%), Vitamin B6: 0.17mg (8.65%), Copper: 0.16mg (8.09%), Manganese: 0.15mg (7.29%), Folate: 26.28µg (6.57%), Phosphorus: 63.81mg (6.38%), Fiber: 1.4g (5.61%), Vitamin K: 5.36µg (5.1%), Iron: 0.76mg (4.23%), Magnesium: 15.85mg (3.96%), Vitamin B2: 0.06mg (3.68%), Vitamin A: 161.03IU (3.22%), Vitamin B1: 0.04mg (2.83%), Calcium: 25.37mg (2.54%), Vitamin E: 0.32mg (2.15%), Zinc: 0.32mg (2.13%), Vitamin B5: 0.19mg (1.94%), Vitamin B12: 0.1µg (1.72%)