



Yellow Pepper Soup with Cilantro Purée



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon butter
- ☐ 2 tablespoons crème fraîche
- ☐ 1 teaspoon curry powder
- ☐ 0.3 cup cooking wine dry white
- ☐ 3 cups less-sodium chicken broth fat-free
- ☐ 3 tablespoons less-sodium chicken broth fat-free
- ☐ 1 cup fennel bulb chopped
- ☐ 0.3 cup cilantro leaves fresh

- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 garlic cloves chopped
- ☐ 0.5 pound apples i use 2 granny smith apples peeled chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon mirin sweet (rice wine)
- ☐ 1.5 cups onion chopped
- ☐ 0.3 cup peas green frozen thawed
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 1 teaspoon vegetable oil
- ☐ 1.3 pounds bell pepper yellow coarsely chopped
- ☐ 1 cup yukon gold red cubed peeled

Equipment

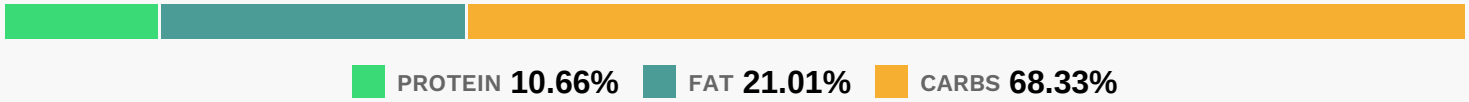
- ☐ bowl
- ☐ knife
- ☐ blender
- ☐ dutch oven

Directions

- ☐ To prepare soup, melt butter in a Dutch oven over medium-high heat.
- ☐ Add onion and fennel; saut 3 minutes.
- ☐ Add curry, ginger, and garlic; saut 1 minute. Stir in wine; cook 1 minute or until liquid almost evaporates.
- ☐ Add bell pepper, broth, apple, potato, and 1/4 teaspoon salt; bring to a boil. Reduce heat; simmer 20 minutes. Cool.
- ☐ Place half of soup in a blender; process until smooth.
- ☐ Pour into a bowl. Repeat procedure with remaining soup. Chill at least 2 hours. Stir in juice.

- ☐ To prepare puree, place peas and next 5 ingredients (peas through dash of salt) in a blender; process until smooth.
- ☐ Pour 3/4 cup soup into each of 6 bowls. Make 3 dollops with 1 teaspoon each of puree. Using tip of a knife; swirl each dollop into a "V" shape. Dollop 1 teaspoon crme frache in center of each serving.

Nutrition Facts



Properties

Glycemic Index:49.22, Glycemic Load:2.95, Inflammation Score:-8, Nutrition Score:12.098695568416%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg, Quercetin: 11.24mg

Nutrients (% of daily need)

Calories: 124.73kcal (6.24%), Fat: 2.86g (4.4%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 17.18g (6.25%), Sugar: 7.42g (8.24%), Cholesterol: 4.15mg (1.38%), Sodium: 620.03mg (26.96%), Alcohol: 1.78g (100%), Alcohol %: 0.63% (100%), Protein: 3.26g (6.53%), Vitamin C: 186.72mg (226.33%), Vitamin K: 17.11µg (16.3%), Manganese: 0.32mg (15.98%), Vitamin B6: 0.31mg (15.48%), Fiber: 3.74g (14.95%), Potassium: 507.64mg (14.5%), Folate: 48.44µg (12.11%), Vitamin B3: 2.06mg (10.28%), Copper: 0.2mg (10.06%), Phosphorus: 84.73mg (8.47%), Vitamin A: 401.54IU (8.03%), Magnesium: 29.99mg (7.5%), Iron: 1.23mg (6.83%), Vitamin B1: 0.1mg (6.6%), Vitamin B2: 0.1mg (6.01%), Selenium: 3.87µg (5.53%), Vitamin B5: 0.49mg (4.92%), Calcium: 47.05mg (4.7%), Vitamin B12: 0.25µg (4.19%), Zinc: 0.5mg (3.35%), Vitamin E: 0.37mg (2.48%)