



 **100%**
HEALTH SCORE

Yellow Pepper Soup with Wild Mushroom Croutons

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup baking potato peeled finely chopped
- 1 bay leaf
- 0.1 teaspoon pepper black freshly ground
- 8 ounce bread baguette french cut into 12 slices
- 1 cup carrots chopped
- 2 tablespoons cooking wine dry white
- 1 cup less-sodium chicken broth fat-free

- 0.5 teaspoon thyme leaves fresh chopped
- 2 garlic cloves minced
- 2 teaspoons hungarian paprika sweet
- 1 cup leek chopped
- 4 cups mushrooms mixed chopped (such as cremini, shiitake, button, and oyster)
- 1.5 teaspoons olive oil
- 2 tablespoons parsley finely chopped
- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 2 cups water
- 2 tablespoons whipping cream
- 1.5 teaspoons balsamic vinegar white
- 6 large bell peppers yellow

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- blender
- ziploc bags

Directions

- Preheat oven to 50
- To prepare soup, place peppers on a jelly-roll pan. Lightly coat peppers with cooking spray.
- Bake at 500 for 30 minutes or until blackened on all sides, turning occasionally.
- Place peppers in a large zip-top plastic bag; seal.
- Let stand 20 minutes. Peel and discard skins.

- Cut in half lengthwise; discard membranes and seeds.
- Heat 1 1/2 teaspoons oil in a large saucepan over medium heat.
- Add leek, potato, and carrot; cook 5 minutes. Stir in paprika and bay leaf.
- Add water and broth; bring to a boil. Reduce heat; simmer 20 minutes or until vegetables are very tender. Stir in roasted pepper halves; simmer 5 minutes. Discard bay leaf. Stir in vinegar, 1/2 teaspoon salt, and 1/8 teaspoon black pepper.
- Place half of bell pepper mixture in a blender.
- Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- Place a clean towel over opening in blender lid. Blend until smooth.
- Pour into a large bowl. Repeat procedure with remaining bell pepper mixture. Keep warm.
- Preheat oven to 35
- To prepare croutons, heat 1 1/2 teaspoons olive oil in a large skillet over medium-high heat.
- Add mushrooms; reduce heat to medium. Stir in wine; cook 15 minutes or until liquid evaporates. Stir in thyme and garlic; cook 1 minute.
- Remove from heat, and stir in parsley, cream, 1/8 teaspoon salt, and 1/8 teaspoon black pepper.
- Place bread on a baking sheet.
- Bake at 350 for 5 minutes or until toasted.
- Place 1 heaping tablespoon mushroom mixture on each crouton.
- Serve croutons with soup.

Nutrition Facts

■ PROTEIN **14.64%** ■ FAT **15.6%** ■ CARBS **69.76%**

Properties

Glycemic Index:82.51, Glycemic Load:22.27, Inflammation Score:-10, Nutrition Score:31.610869682353%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin:

2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 278.53kcal (13.93%), Fat: 5.14g (7.9%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 51.66g (17.22%), Net Carbohydrates: 43.87g (15.95%), Sugar: 7.61g (8.45%), Cholesterol: 5.65mg (1.88%), Sodium: 667.99mg (29.04%), Alcohol: 0.51g (100%), Alcohol %: 0.11% (100%), Protein: 10.84g (21.68%), Vitamin C: 348.17mg (422.02%), Vitamin A: 4706.92IU (94.14%), Vitamin B3: 10.16mg (50.81%), Vitamin B6: 0.98mg (49.15%), Manganese: 0.95mg (47.73%), Vitamin B2: 0.59mg (34.68%), Folate: 134.61µg (33.65%), Potassium: 1145.15mg (32.72%), Vitamin K: 33.77µg (32.16%), Fiber: 7.8g (31.19%), Selenium: 21.4µg (30.57%), Vitamin B5: 2.94mg (29.43%), Phosphorus: 292.34mg (29.23%), Copper: 0.56mg (27.8%), Vitamin B1: 0.4mg (26.39%), Iron: 3.91mg (21.73%), Magnesium: 81.65mg (20.41%), Zinc: 2.5mg (16.64%), Calcium: 76.47mg (7.65%), Vitamin E: 0.75mg (5.03%), Vitamin D: 0.68µg (4.55%), Vitamin B12: 0.08µg (1.39%)