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Roasted Red Bell Pepper and Cauliflower Soup

This creamy and flavorful soup combines roasted red bell peppers and cauliflower for a delicious vegetarian option. It can be enjoyed as a starter or a main course and is perfect for chilly evenings.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 40 mins

Total Time: 55 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Red Bell Peppers
500 g	cauliflower
2 tbsp	olive oil
1 medium	onion

3 cloves	garlic cloves
4 c	vegetable broth
1 tsp	Salt
0.5 tsp	Black pepper
1 tsp	Paprika
0.5 c	heavy cream

Directions

Step 1

Oven

Preheat the oven to 450°F (230°C).

Prep Time: 5 mins

Cook Time: 25 mins

Step 2

Cutting

Cut the red bell peppers and cauliflower into small pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Roasting

Toss the red bell peppers and cauliflower with olive oil, salt, and black pepper. Place them on a baking sheet and roast in the preheated oven for 25 minutes, or until they are tender and slightly charred.

Prep Time: 5 mins

Cook Time: 25 mins

Step 4

Sautéing

In a large pot, heat olive oil over medium heat. Add diced onion and minced garlic cloves. Sauté until the onion is translucent and the garlic is fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Simmering

Add the roasted red bell peppers and cauliflower to the pot. Stir in vegetable broth and paprika. Bring the mixture to a boil, then reduce heat and simmer for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Blending

Use an immersion blender or transfer the soup to a blender and blend until smooth. Return the soup to the pot and stir in heavy cream. Heat over low heat until warmed through.

Prep Time: 5 mins

Cook Time: 5 mins

Step 7

Serving

Serve the soup hot, garnished with a drizzle of olive oil and a sprinkle of paprika.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 4 g

Carbohydrates: 14 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	14 g	25.45%	28%
Fibers	4 g	10.53%	16%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Brunch

Lunch

Dinner

Difficulty Level

Medium

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