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Tri-Colour Sweet Pepper Soup ♦♦

Tri-Colour Sweet Pepper Soup is a delicious and nutritious vegetarian soup made with red, yellow, and green bell peppers. It is a perfect dish for any season and can be enjoyed as a light lunch or dinner. The soup is packed with vitamins and antioxidants, and it has a vibrant and refreshing flavor.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

250 g	Red Bell Pepper
250 g	yellow bell pepper
250 g	Green Bell Pepper
2 tbsp	olive oil

1 medium	onion
2 cloves	garlic cloves
4 c	vegetable broth
1 tsp	salt
0.5 tsp	black pepper
2 tbsp	fresh basil leaves

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

Add chopped onion and minced garlic cloves to the pot. Saute until the onion is translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Add chopped red, yellow, and green bell peppers to the pot. Saute for 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Pour vegetable broth into the pot. Bring to a boil and then reduce heat to low. Simmer for 15 minutes.

Prep Time: 5 mins

Cook Time: 15 mins

Step 5

Stove

Season with salt and black pepper. Stir well.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Blender

Remove the pot from heat. Use an immersion blender to puree the soup until smooth.

Prep Time: 3 mins

Cook Time: 0 mins

Step 7

Garnish with fresh basil leaves before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 100 kcal

Fat: 6 g

Protein: 2 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
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	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	200 mg	222.22%	266.67%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	10 mg	0.29%	0.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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