



Alouette Sundried Tomato and Basil Bisque

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 inch bacon cut in ¼ strips
- 1 can all natural tomato soup your favorite
- 1 cup vegetable stock
- 6.5 oz alouette all natural sundried tomato and basil spreadable cheese soft

Equipment

- pot

Directions

- Saut bacon in heavy gauge sauce pot until crispy
- Drain fat from sauce pot
- Add Tomato soup and vegetable stock and bring to a boil
- Add Alouette Sundried Tomato and Basil soft cheese
- Bring back to a boil and serve

Nutrition Facts



Properties

Glycemic Index:10.19, Glycemic Load:2.06, Inflammation Score:-2, Nutrition Score:2.0747826086957%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Taste

Sweetness: 20.74%, Saltiness: 100%, Sourness: 42.51%, Bitterness: 20.08%, Savoriness: 19.85%, Fattiness: 43.33%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 96.15kcal (4.81%), Fat: 1.77g (2.72%), Saturated Fat: 0.74g (4.63%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 16.76g (6.09%), Sugar: 4.26g (4.73%), Cholesterol: 0.21mg (0.07%), Sodium: 416.1mg (18.09%), Protein: 2.22g (4.44%), Iron: 1.11mg (6.15%), Potassium: 207.16mg (5.92%), Vitamin C: 4.74mg (5.75%), Vitamin A: 272.51IU (5.45%), Calcium: 54.13mg (5.41%), Fiber: 1.06g (4.24%), Manganese: 0.05mg (2.54%), Selenium: 1.17µg (1.67%), Vitamin B3: 0.33mg (1.64%), Vitamin B6: 0.03mg (1.62%), Magnesium: 5.18mg (1.3%), Phosphorus: 11.85mg (1.18%), Vitamin K: 1.18µg (1.12%), Vitamin B1: 0.02mg (1.09%)