



Basil Tomato Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 105 oz tomatoes whole with basil italian-style peeled canned
- ☐ 32 oz chicken broth canned
- ☐ 1 cup basil leaves fresh loosely packed
- ☐ 3 garlic cloves
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 16 oz breaded cut okra frozen
- ☐ 4 tablespoons olive oil divided

- ☐ 2 medium onions chopped
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sugar

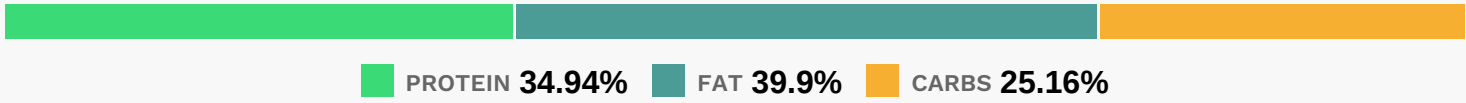
Equipment

- ☐ food processor
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Saut onions in 2 Tbsp. hot oil in a large Dutch oven over medium-high heat 9 to 10 minutes or until tender.
- ☐ Add tomatoes and chicken broth. Bring to a boil, reduce heat to medium-low, and simmer, stirring occasionally, 20 minutes. Process mixture with a handheld blender until smooth.
- ☐ Process basil, next 4 ingredients, 1/4 cup water, and remaining 2 Tbsp. oil in a food processor until smooth, stopping to scrape down sides. Stir basil mixture, sugar, and pepper into soup. Cook 10 minutes or until thoroughly heated.
- ☐ Meanwhile, cook okra according to package directions.
- ☐ Serve with soup.

Nutrition Facts



Properties

Glycemic Index:65.27, Glycemic Load:3.66, Inflammation Score:-10, Nutrition Score:50.6469562261%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg

2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 38.72mg, Quercetin: 38.72mg, Quercetin: 38.72mg, Quercetin: 38.72mg

Nutrients (% of daily need)

Calories: 739.53kcal (36.98%), Fat: 33.68g (51.82%), Saturated Fat: 7.23g (45.19%), Carbohydrates: 47.79g (15.93%), Net Carbohydrates: 35.52g (12.91%), Sugar: 22.88g (25.42%), Cholesterol: 113.4mg (37.8%), Sodium: 2749.87mg (119.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 66.36g (132.71%), Vitamin C: 103.24mg (125.14%), Vitamin K: 96.29µg (91.7%), Manganese: 1.68mg (83.9%), Vitamin B6: 1.61mg (80.36%), Iron: 11.33mg (62.94%), Potassium: 2200.4mg (62.87%), Selenium: 43.91µg (62.73%), Vitamin B3: 12.02mg (60.09%), Phosphorus: 581.07mg (58.11%), Vitamin E: 8.18mg (54.52%), Zinc: 7.55mg (50.3%), Magnesium: 200.23mg (50.06%), Fiber: 12.28g (49.1%), Vitamin A: 2403.69IU (48.07%), Vitamin B2: 0.73mg (42.8%), Copper: 0.81mg (40.33%), Vitamin B1: 0.6mg (39.67%), Calcium: 385.29mg (38.53%), Vitamin B12: 2.27µg (37.8%), Folate: 147.56µg (36.89%), Vitamin B5: 1.26mg (12.6%), Vitamin D: 0.23µg (1.51%)