



Bread and Tomato Soup



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



218 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 small basil
- ☐ 6 cups sandwich bread white
- ☐ 28 ounce canned tomatoes pureed whole with their juice peeled canned
- ☐ 3 garlic clove peeled smashed
- ☐ 6 servings kosher salt to taste
- ☐ 1 cup olive oil
- ☐ 4 cups vegetable stock (or water)

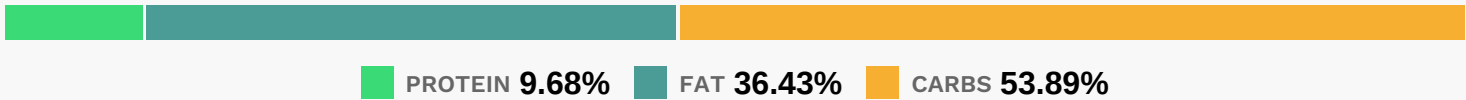
Equipment

☐ sauce pan

Directions

- ☐ Heat the oil in a large, deep saucepan over low heat.
- ☐ Sauté the garlic until just fragrant, then add the bread, stirring until all the oil is absorbed and the bread is toasted.
- ☐ Add the tomatoes, stock, basil, and salt.
- ☐ Bring to a boil, then reduce heat. Simmer until the bread breaks down, about 20 minutes.
- ☐ Remove the garlic and serve.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:16.83, Inflammation Score:-6, Nutrition Score:10.117391233859%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 217.75kcal (10.89%), Fat: 9g (13.84%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 27.55g (10.02%), Sugar: 6.9g (7.67%), Cholesterol: 0mg (0%), Sodium: 1224.7mg (53.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.38g (10.75%), Manganese: 0.4mg (19.81%), Vitamin B1: 0.29mg (19.38%), Iron: 2.87mg (15.94%), Vitamin C: 12.81mg (15.52%), Vitamin B3: 3.1mg (15.48%), Selenium: 10.79µg (15.41%), Folate: 60.71µg (15.18%), Calcium: 139.22mg (13.92%), Vitamin E: 2.04mg (13.59%), Vitamin B2: 0.18mg (10.74%), Vitamin B6: 0.21mg (10.36%), Vitamin A: 499.62IU (9.99%), Fiber: 2.39g (9.57%), Potassium: 308.09mg (8.8%), Vitamin K: 9.12µg (8.68%), Phosphorus: 78.39mg (7.84%), Copper: 0.15mg (7.62%), Magnesium: 27.21mg (6.8%), Vitamin B5: 0.41mg (4.07%), Zinc: 0.6mg (4%)