



Brown Butter Tomato Soup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon celery seeds
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon marjoram dried
- ☐ 4 clove garlic & lightly peeled smashed
- ☐ 0.5 teaspoon kosher salt as needed plus more
- ☐ 2 tablespoon olive oil divided
- ☐ 0.3 teaspoon freshly cracked pepper black

- ☐ 3 slice rustic bread rusts trimmed cut into ½-inch cubes
- ☐ 1 tablespoon sugar
- ☐ 4 tablespoon butter unsalted divided
- ☐ 1 cup water

Equipment

- ☐ frying pan
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Heat 1 tablespoon butter and 1 tablespoon olive oil in a large Dutch oven set over medium heat; sauté the onion and garlic until translucent and just beginning to color, about 8 minutes.
- ☐ Add the tomatoes with the juice, water, cream, salt, pepper, red pepper, celery seeds, marjoram, and sugar. Raise the heat to medium high and bring to a boil, then turn the heat to low and simmer for 15 minutes.
- ☐ Remove from the heat and use an immersion blender to purée until completely smooth. Return the soup to low heat and simmer 20 more minutes. Meanwhile, make the brown butter and croutons.
- ☐ Heat a large, heavy bottomed sauté pan over medium heat.
- ☐ Add the 3 tablespoons remaining butter. As it begins to melt, start swirling the pan frequently and watching the butter carefully. You will notice the butter will get foamy, and then the milk solids will begin to brown. Once that starts, remove skillet from heat. Smell the butter; it should have a nutty aroma, and be caramel in color. Stir about 2/3 of the brown butter into the soup. Set the rest aside. Season the soup with more salt and pepper to taste
- ☐ In a separate sauté pan, heat the remaining 1 tablespoon oil over medium high heat.
- ☐ Add the bread cubes and toast, stirring occasionally, until golden, about 6 to 8 minutes.
- ☐ Remove from the heat and toss with remaining browned butter until absorbed.
- ☐ Serve the soup garnished with the croutons.

Nutrition Facts



 PROTEIN **2.75%**  FAT **85.7%**  CARBS **11.55%**

Properties

Glycemic Index:22.02, Glycemic Load:1.59, Inflammation Score:-5, Nutrition Score:3.2334782662599%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 310.3kcal (15.52%), Fat: 30.14g (46.37%), Saturated Fat: 16.49g (103.05%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 8.68g (3.16%), Sugar: 6.28g (6.97%), Cholesterol: 64.89mg (21.63%), Sodium: 246.57mg (10.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin A: 842.06IU (16.84%), Vitamin E: 1.29mg (8.59%), Vitamin B2: 0.09mg (5.32%), Vitamin D: 0.77µg (5.16%), Vitamin K: 5.02µg (4.78%), Calcium: 35.61mg (3.56%), Phosphorus: 32.86mg (3.29%), Manganese: 0.05mg (2.67%), Vitamin B3: 0.51mg (2.53%), Selenium: 1.61µg (2.3%), Potassium: 73.73mg (2.11%), Iron: 0.38mg (2.1%), Vitamin B6: 0.04mg (2.09%), Folate: 8.28µg (2.07%), Fiber: 0.45g (1.81%), Vitamin B1: 0.03mg (1.8%), Magnesium: 6.21mg (1.55%), Vitamin B12: 0.08µg (1.32%), Vitamin B5: 0.13mg (1.25%), Zinc: 0.16mg (1.08%), Copper: 0.02mg (1.08%), Vitamin C: 0.88mg (1.07%)