



Cheesiest Tomato Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 56 ounce tomatoes whole peeled canned
- 5 cups chicken broth
- 1 teaspoon basil leaves dried
- 1 teaspoon parsley dried
- 0.5 teaspoon tarragon dried
- 1 pinch thyme leaves dried
- 8 servings salt and pepper to taste
- 3 cups sharp cheddar cheese shredded

6 ounce tomato paste canned

Equipment

food processor

sauce pan

blender

Directions

In a blender or food processor, puree tomatoes with liquid until smooth.

Pour into a medium saucepan over medium-low heat. Stir in broth, cheese and tomato paste. Season with parsley, basil, tarragon, thyme, salt and pepper. Simmer 30 minutes, stirring frequently, until cheese is melted and smooth and flavors are well blended.

Nutrition Facts



Properties

Glycemic Index:16.88, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:13.482174002606%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg 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: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 223.01kcal (11.15%), Fat: 15.05g (23.15%), Saturated Fat: 8.21g (51.28%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 8.86g (3.22%), Sugar: 6.43g (7.15%), Cholesterol: 45.31mg (15.1%), Sodium: 1327.92mg (57.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.55%), Calcium: 379.17mg (37.92%), Vitamin C: 20.5mg (24.85%), Phosphorus: 245.3mg (24.53%), Vitamin B2: 0.4mg (23.37%), Selenium: 12.92µg (18.45%), Manganese: 0.29mg (14.47%), Potassium: 502.09mg (14.35%), Vitamin B6: 0.29mg (14.32%), Vitamin A: 712.8IU (14.26%), Iron: 2.56mg (14.22%), Zinc: 2.01mg (13.4%), Vitamin E: 2.01mg (13.39%), Copper: 0.22mg (10.79%), Vitamin B3: 2.04mg (10.18%), Vitamin K: 10.64µg (10.13%), Magnesium: 40.42mg (10.11%), Vitamin B1: 0.15mg (9.93%), Fiber: 2.46g (9.83%), Vitamin B12: 0.48µg (7.98%), Folate: 28.36µg (7.09%), Vitamin B5: 0.48mg (4.83%), Vitamin D:

0.25µg (1.69%)