



Chilled Golden Tomato Bisque



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



194 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch cayenne
- ☐ 0.3 cup heavy cream
- ☐ 1 teaspoon mild honey
- ☐ 1.5 cups chicken broth reduced-sodium
- ☐ 1 teaspoon sherry vinegar
- ☐ 4 servings tomato and basil red chopped
- ☐ 1 pound tomatoes yellow

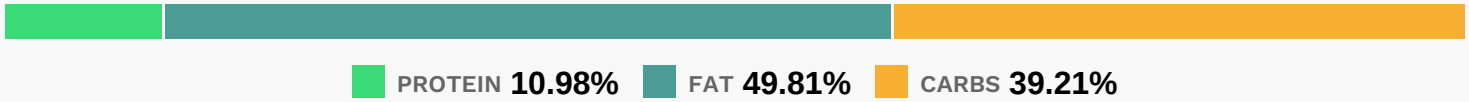
Equipment

- ☐ bowl
- ☐ whisk
- ☐ sieve
- ☐ blender

Directions

- ☐ Coarsely chop tomatoes and purée in a blender with broth until smooth. Force through a fine-mesh sieve into a bowl, discarding solids.
- ☐ Whisk in cream, honey, vinegar, cayenne, and salt to taste.
- ☐ Quick-chill by setting bowl in an ice bath until cold, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:0.75, Inflammation Score:-7, Nutrition Score:7.5273912730424%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 194.24kcal (9.71%), Fat: 10.99g (16.91%), Saturated Fat: 5.24g (32.77%), Carbohydrates: 19.46g (6.49%), Net Carbohydrates: 14.66g (5.33%), Sugar: 11.13g (12.37%), Cholesterol: 22.41mg (7.47%), Sodium: 528.16mg (22.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.91%), Potassium: 789.42mg (22.55%), Vitamin A: 1051.95IU (21.04%), Vitamin C: 16.36mg (19.83%), Fiber: 4.8g (19.22%), Vitamin B3: 2.57mg (12.83%), Folate: 34.87µg (8.72%), Iron: 1.5mg (8.34%), Copper: 0.16mg (8.13%), Phosphorus: 79.12mg (7.91%), Vitamin B2: 0.12mg (6.94%), Manganese: 0.14mg (6.94%), Calcium: 69.32mg (6.93%), Vitamin B6: 0.08mg (4.02%), Magnesium: 16mg (4%), Vitamin B1: 0.05mg (3.37%), Zinc: 0.46mg (3.06%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.12µg (2%), Vitamin B5: 0.18mg (1.77%), Selenium: 1.06µg (1.52%), Vitamin E: 0.19mg (1.27%)