



HEALTH SCORE

100%

Chilled Tomato-Tarragon Soup with Croutons



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



218 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8.3 inch crusty baguette
- ☐ 7 tablespoons tarragon fresh divided finely chopped
- ☐ 4 garlic clove chopped
- ☐ 0.5 cup olive oil divided
- ☐ 3.3 pounds plum tomatoes divided coarsely chopped
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 1 cup shallots chopped
- ☐ 2 tablespoons tomato paste

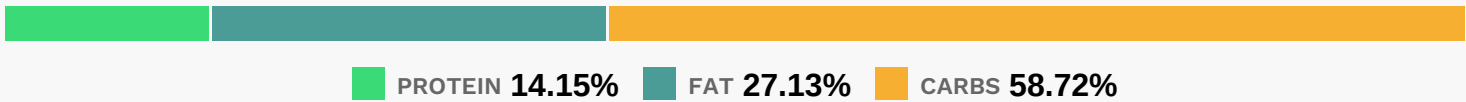
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ sieve
- ☐ spatula

Directions

- ☐ Mix 1/4 cup oil and 4 tablespoons tarragon in bowl. Season with salt and pepper.
- ☐ Brush over both sides of bread. Toast bread in large skillet over medium heat until crisp, about 6 minutes per side.
- ☐ Transfer croutons to plate.
- ☐ Meanwhile, heat 1/4 cup oil in another large skillet over medium heat.
- ☐ Add 4 cups tomatoes, next 3 ingredients, and 3 tablespoons tarragon. Sauté until vegetables just begin to soften, about 6 minutes. Stir in tomato paste. Reduce heat to medium-low. Cover; cook until tomatoes and shallots are soft, stirring occasionally, about 10 minutes.
- ☐ Strain soup into bowl, pressing with rubber spatula to extract as much of the juice and solids as possible. Discard solids in sieve. Season soup with salt and pepper.
- ☐ Freeze soup just until cold, about 30 minutes. Ladle into bowls. Top with croutons; sprinkle with 1/4 cup chopped tomatoes.

Nutrition Facts



Properties

Glycemic Index:71.19, Glycemic Load:12.41, Inflammation Score:-10, Nutrition Score:27.283043488212%

Flavonoids

Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.53mg,

Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 217.89kcal (10.89%), Fat: 7.3g (11.23%), Saturated Fat: 1.13g (7.07%), Carbohydrates: 35.54g (11.85%), Net Carbohydrates: 27.77g (10.1%), Sugar: 15.61g (17.34%), Cholesterol: 0mg (0%), Sodium: 131.69mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.13%), Manganese: 1.67mg (83.49%), Vitamin C: 64.04mg (77.62%), Vitamin A: 3746.17IU (74.92%), Potassium: 1543.15mg (44.09%), Vitamin B6: 0.86mg (42.84%), Iron: 6.19mg (34.36%), Vitamin K: 34.09µg (32.47%), Fiber: 7.77g (31.07%), Folate: 115.7µg (28.93%), Magnesium: 101.14mg (25.29%), Vitamin E: 3.2mg (21.34%), Calcium: 212.6mg (21.26%), Copper: 0.4mg (19.91%), Vitamin B3: 3.93mg (19.63%), Phosphorus: 178.91mg (17.89%), Vitamin B2: 0.28mg (16.45%), Vitamin B1: 0.24mg (16.3%), Zinc: 1.47mg (9.82%), Vitamin B5: 0.55mg (5.5%), Selenium: 3.03µg (4.33%)