



## Chilled Yellow Tomato Soup

 Vegetarian

READY IN



46 min.

SERVINGS



8

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 loaves bread french cut into 24 1/ slices
- 6 cups chicken broth low-sodium canned
- 2 tablespoons thyme leaves dried fresh chopped (or 2 tsp. )
- 2 cloves garlic halved
- 3 tablespoons olive oil
- 2 onions chopped
- 8 servings salt and pepper
- 6 tablespoons butter unsalted melted

- 7 tomatoes yellow cored cut into chunks

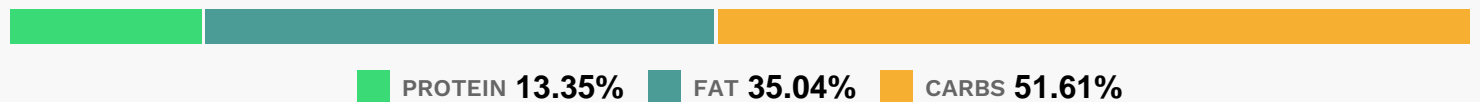
## Equipment

- food processor
- bowl
- frying pan
- baking sheet
- blender
- broiler

## Directions

- Make soup: Warm olive oil in a large pan over medium-high heat.
- Add onion and cook, stirring, until softened, 5 minutes. Stir in thyme; cook 1 minute.
- Add tomatoes and broth. Bring to a simmer and cook, uncovered, until tomatoes are softened and soup is slightly thickened, 25 to 30 minutes. Season with salt and pepper.
- Remove from heat and cool slightly. Puree in a blender or food processor.
- Pour into a bowl, cover and chill at least 6 hours or overnight.
- Make croutons: Preheat broiler to high and set a rack about 8 inches from heat source.
- Brush both sides of bread with butter and place on a baking sheet. Broil, watching carefully to prevent burning, until golden brown, about 3 minutes per side.
- Rub each crouton with halved garlic while warm. Arrange 3 croutons on top of each bowl of soup or 1 crouton in a cup of soup, or serve alongside.

## Nutrition Facts



## Properties

Glycemic Index:17.19, Glycemic Load:40.65, Inflammation Score:-9, Nutrition Score:16.880000031513%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

## **Nutrients (% of daily need)**

Calories: 437.02kcal (21.85%), Fat: 17.36g (26.7%), Saturated Fat: 7g (43.77%), Carbohydrates: 57.51g (19.17%), Net Carbohydrates: 54.45g (19.8%), Sugar: 6.05g (6.72%), Cholesterol: 22.58mg (7.53%), Sodium: 852.13mg (37.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.88g (29.76%), Vitamin B1: 0.73mg (48.68%), Selenium: 29µg (41.43%), Vitamin B3: 7.35mg (36.73%), Folate: 131.57µg (32.89%), Manganese: 0.65mg (32.63%), Iron: 5.63mg (31.25%), Vitamin B2: 0.5mg (29.2%), Vitamin K: 21.86µg (20.82%), Phosphorus: 172.07mg (17.21%), Copper: 0.27mg (13.33%), Fiber: 3.06g (12.24%), Magnesium: 39.23mg (9.81%), Potassium: 325.39mg (9.3%), Zinc: 1.35mg (8.98%), Calcium: 88.45mg (8.85%), Vitamin B6: 0.17mg (8.67%), Vitamin E: 1.29mg (8.6%), Vitamin A: 301.01IU (6.02%), Vitamin B5: 0.38mg (3.85%), Vitamin C: 2.85mg (3.45%), Vitamin B12: 0.19µg (3.25%), Vitamin D: 0.16µg (1.05%)