



Chinese Tomato Soup: Dutch-Style

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



6

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup apple sauce
- 1 quart beef broth
- 2 tablespoons brown sugar
- 2 stalks celery thinly sliced
- 0.3 teaspoon chili powder
- 1 green onion thinly sliced
- 1 teaspoon ground ginger
- 1 cup shrimp chips (prawn crackers)

- 1 tablespoon soya sauce
- 2 cups sacramento tomato juice

Equipment

- bowl
- sauce pan
- ladle

Directions

- Pour beef broth, tomato juice, and soy sauce into a large saucepan. Stir in brown sugar, applesauce, and celery; season with ginger and chili powder. Bring to a boil, then reduce heat to medium-low and simmer 20 minutes. Ladle into serving bowls and garnish with green onions and shrimp chips.

Nutrition Facts



Properties

Glycemic Index:29.11, Glycemic Load:7.59, Inflammation Score:-5, Nutrition Score:7.3886956702108%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 156.73kcal (7.84%), Fat: 6.36g (9.78%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 22.6g (7.53%), Net Carbohydrates: 19.91g (7.24%), Sugar: 8.97g (9.96%), Cholesterol: 0mg (0%), Sodium: 969.6mg (42.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Vitamin C: 18.3mg (22.19%), Manganese: 0.31mg (15.7%), Potassium: 513.15mg (14.66%), Vitamin B3: 2.89mg (14.47%), Fiber: 2.69g (10.75%), Vitamin B6: 0.2mg (10.24%), Vitamin K: 10.1µg (9.62%), Vitamin A: 475.01IU (9.5%), Folate: 35.37µg (8.84%), Iron: 1.42mg (7.89%), Phosphorus: 75.27mg (7.53%), Magnesium: 24.04mg (6.01%), Vitamin B1: 0.08mg (5.45%), Vitamin B2: 0.09mg (5.39%), Vitamin B5: 0.51mg (5.09%), Copper: 0.08mg (4.11%), Calcium: 33.27mg (3.33%), Selenium: 1.95µg (2.78%), Vitamin E:

0.37mg (2.47%), Zinc: 0.31mg (2.08%), Vitamin B12: 0.11µg (1.84%)