



Chunky Mediterranean tomato soup



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 400 g savory vegetable frozen (peppers, aubergine, onion, courgettes)
- ☐ 2 tbsp garlic chopped
- ☐ 1 handful basil
- ☐ 400 g canned tomatoes chopped canned
- ☐ 1 vegetable cube reduced-salt
- ☐ 50 g cocktail rye bread with snipped chives and basil, spread on a slice of rye bread beaten per person,

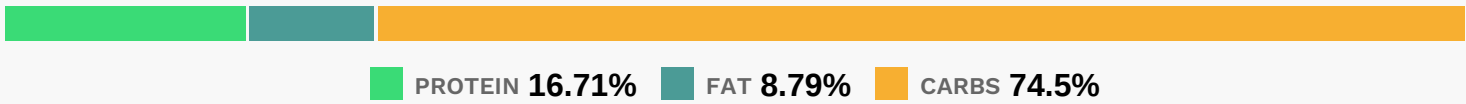
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ immersion blender

Directions

- ☐ Heat a large non-stick pan, tip in half the vegetables and the garlic, and cook, stirring, over a high heat until they start to soften about 5 mins. Tip in the basil, tomatoes, stock cube and 2 cans of water, then blitz with a hand blender to get the mixture as smooth as you can.
- ☐ Add the remaining frozen veg, cover the pan and cook for 15-20 mins more until the veg is tender. Ladle into bowls.
- ☐ Serve with the herby ricotta on rye bread.

Nutrition Facts



Properties

Glycemic Index:58.83, Glycemic Load:9.46, Inflammation Score:-10, Nutrition Score:15.975217508233%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 137.85kcal (6.89%), Fat: 1.49g (2.29%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 21.59g (7.85%), Sugar: 4.99g (5.55%), Cholesterol: 0mg (0%), Sodium: 425.08mg (18.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.71%), Vitamin A: 5320.61IU (106.41%), Manganese: 0.6mg (30.13%), Fiber: 6.74g (26.95%), Vitamin C: 20.99mg (25.44%), Vitamin B1: 0.26mg (17.29%), Copper: 0.31mg (15.66%), Potassium: 543.27mg (15.52%), Vitamin B6: 0.31mg (15.29%), Iron: 2.69mg (14.93%), Vitamin B3: 2.98mg (14.91%), Folate: 56.21µg (14.05%), Magnesium: 50.32mg (12.58%), Phosphorus: 113.03mg (11.3%), Vitamin B2: 0.18mg (10.8%), Vitamin E: 1.3mg (8.66%), Selenium: 5.43µg (7.76%), Calcium: 76.25mg (7.63%), Vitamin K: 7.59µg (7.23%), Zinc: 0.91mg (6.09%), Vitamin B5: 0.52mg (5.21%)