



Chunky Tomato-Basil Soup

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



163 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.5 cup onion chopped
- ☐ 1 cup carrots shredded
- ☐ 2 tablespoons flour all-purpose
- ☐ 26 oz tomato sauce
- ☐ 14.5 oz canned tomatoes diced undrained canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 cup frangelico

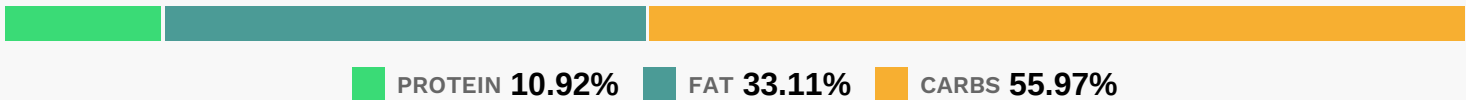
Equipment

☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat butter over medium-high heat.
- ☐ Add onion and carrots; cook and stir 3 to 4 minutes or until softened.
- ☐ Add flour; cook and stir until moistened. Gradually add half-and-half, cooking and stirring about 2 minutes or until smooth.
- ☐ Stir in remaining ingredients. Cover; cook over medium heat about 15 minutes, stirring frequently, just until mixture comes to a boil.
- ☐ If desired, top with additional chopped fresh basil leaves.

Nutrition Facts



Properties

Glycemic Index:75.46, Glycemic Load:8.77, Inflammation Score:-10, Nutrition Score:18.60347812558%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg, Quercetin: 4.13mg

Nutrients (% of daily need)

Calories: 162.56kcal (8.13%), Fat: 6.62g (10.18%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 25.17g (8.39%), Net Carbohydrates: 19.1g (6.94%), Sugar: 13.46g (14.96%), Cholesterol: 0mg (0%), Sodium: 1098.13mg (47.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin A: 6694.68IU (133.89%), Vitamin C: 26.01mg (31.52%), Vitamin E: 4.38mg (29.23%), Potassium: 991.37mg (28.32%), Manganese: 0.5mg (24.98%), Fiber: 6.08g (24.31%), Copper: 0.43mg (21.67%), Vitamin B6: 0.41mg (20.38%), Vitamin K: 21.15µg (20.14%), Iron: 3.46mg (19.25%), Vitamin B3: 3.66mg (18.28%), Magnesium: 56.03mg (14.01%), Vitamin B2: 0.22mg (12.91%), Vitamin B1: 0.18mg (12.15%), Folate: 47.78µg (11.94%), Phosphorus: 106.14mg (10.61%), Vitamin B5: 0.99mg (9.92%), Calcium: 81.22mg (8.12%), Zinc: 0.83mg (5.55%), Selenium: 3.13µg (4.47%)