



Chunky Tomato Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



110 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons vegetable oil
- 2 cloves garlic finely chopped
- 1 cup celery stalks coarsely chopped
- 1 cup carrots coarsely chopped
- 56 oz canned tomatoes italian-style undrained canned (plum)
- 2 cups water
- 1 teaspoon basil dried
- 0.5 teaspoon pepper

32 oz chicken broth (4 cups)

Equipment

dutch oven

Directions

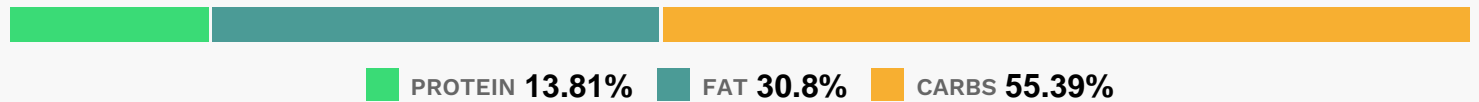
Heat oil in 5- to 6-quart Dutch oven over medium-high heat. Cook garlic, celery and carrots in oil 5 to 7 minutes, stirring frequently, until carrots are crisp-tender.

Stir in tomatoes, breaking up tomatoes coarsely. Stir in water, basil, pepper and broth.

Heat to boiling; reduce heat to low.

Cover and simmer 1 hour, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:4.71, Inflammation Score:-9, Nutrition Score:14.579999949621%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 110.41kcal (5.52%), Fat: 4.27g (6.56%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 12.75g (4.64%), Sugar: 10.16g (11.29%), Cholesterol: 2.27mg (0.76%), Sodium: 707mg (30.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Vitamin A: 3160.26IU (63.21%), Manganese: 0.49mg (24.6%), Vitamin C: 19.83mg (24.03%), Vitamin K: 24.94µg (23.75%), Copper: 0.41mg (20.39%), Potassium: 693.84mg (19.82%), Vitamin E: 2.96mg (19.73%), Fiber: 4.51g (18.06%), Vitamin B6: 0.34mg (17.02%), Iron: 2.87mg (15.95%), Vitamin B3: 2.88mg (14.42%), Vitamin B1: 0.19mg (12.51%), Magnesium: 46.01mg (11.5%), Vitamin B2: 0.19mg (11.12%), Calcium: 88.82mg (8.88%), Folate: 33.81µg (8.45%), Phosphorus: 78.36mg (7.84%), Vitamin B5: 0.64mg (6.44%), Zinc: 0.69mg (4.63%), Selenium: 1.83µg (2.61%)