



## Coach Vic's Cream of Tomato Soup

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



228 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 14.5 ounce canned tomatoes diced canned
- 2 cups chicken stock see
- 2 teaspoons garlic powder
- 1 teaspoon ground pepper white
- 3 cups half-and-half
- 1 teaspoon onion powder
- 6 servings salt to taste
- 3 ounce tomato paste canned

- 1 tablespoon sugar white
- 1 teaspoon worcestershire sauce

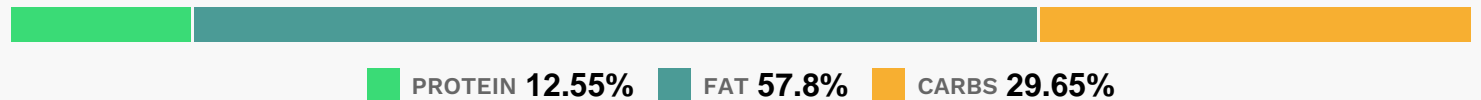
## Equipment

- sauce pan
- immersion blender

## Directions

- Stir half-and-half, chicken stock, diced tomatoes, tomato paste, and Worcestershire sauce together in a saucepan over medium heat; bring to a simmer and add sugar, garlic powder, onion powder, white pepper, and salt. Stir the mixture and continue to cook until hot, about 5 minutes.
- Blend mixture with an immersion blender until smooth. Reduce heat to low and continue cooking until the mixture thickens, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:25.18, Glycemic Load:3.12, Inflammation Score:-5, Nutrition Score:9.2817390690679%

## Nutrients (% of daily need)

Calories: 227.67kcal (11.38%), Fat: 15.13g (23.28%), Saturated Fat: 8.8g (55.01%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 15.66g (5.69%), Sugar: 12.04g (13.38%), Cholesterol: 44.75mg (14.92%), Sodium: 505.03mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.39g (14.79%), Vitamin B2: 0.35mg (20.56%), Phosphorus: 169.41mg (16.94%), Calcium: 164.15mg (16.41%), Potassium: 509.53mg (14.56%), Vitamin B6: 0.25mg (12.63%), Vitamin A: 609.31IU (12.19%), Vitamin B3: 2.42mg (12.12%), Vitamin C: 9.15mg (11.09%), Copper: 0.22mg (10.9%), Selenium: 6.44µg (9.2%), Vitamin E: 1.37mg (9.12%), Manganese: 0.18mg (9.08%), Vitamin B1: 0.13mg (8.86%), Magnesium: 33.42mg (8.35%), Iron: 1.48mg (8.2%), Fiber: 1.8g (7.2%), Vitamin B5: 0.59mg (5.89%), Vitamin K: 6.14µg (5.85%), Zinc: 0.86mg (5.71%), Folate: 19.18µg (4.79%), Vitamin B12: 0.23µg (3.83%)