



Cold Tomato and Sour Cream Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



123 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 pinch marjoram dried crumbled
- ☐ 1 pinch thyme dried crumbled
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest fresh finely grated
- ☐ 6 servings parsley fresh
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon spring onion finely chopped

- ☐ 1 cup cream sour
- ☐ 1 teaspoon sugar
- ☐ 3 lb tomatoes ripe peeled quartered

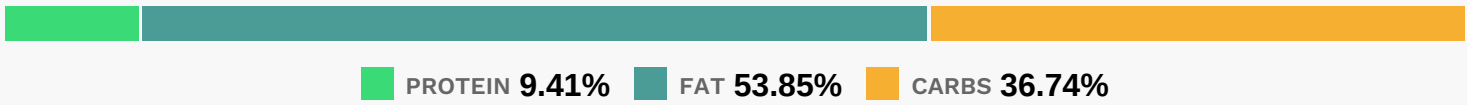
Equipment

- ☐ bowl
- ☐ ladle
- ☐ sieve
- ☐ blender

Directions

- ☐ Purée tomatoes in batches in a blender until smooth, then force purée through a sieve into a large bowl, discarding seeds. Stir in lemon juice to taste, scallion, zest, sugar, thyme, marjoram, salt, and pepper.
- ☐ Chill soup until cold, about 1 hour.
- ☐ Ladle soup into bowls and top with dollops of sour cream.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:2.85, Inflammation Score:-9, Nutrition Score:14.2073913398%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 123.22kcal (6.16%), Fat: 7.96g (12.24%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 9.15g (3.33%), Sugar: 8.16g (9.06%), Cholesterol: 22.62mg (7.54%), Sodium: 413.46mg (17.98%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.26%), Vitamin K: 87.91µg (83.72%), Vitamin A: 2490.76IU (49.82%), Vitamin C: 39.82mg (48.27%), Potassium: 620.57mg (17.73%), Manganese: 0.29mg (14.73%), Fiber: 3.07g (12.26%), Folate: 44.69µg (11.17%), Vitamin B6: 0.21mg (10.36%), Vitamin E: 1.42mg (9.47%), Phosphorus: 87.44mg (8.74%), Magnesium: 32.18mg (8.05%), Copper: 0.15mg (7.63%), Calcium: 73.39mg (7.34%), Vitamin B3: 1.46mg (7.29%), Vitamin B2: 0.11mg (6.73%), Vitamin B1: 0.1mg (6.53%), Iron: 1.1mg (6.12%), Zinc: 0.57mg (3.82%), Vitamin B5: 0.36mg (3.57%), Selenium: 1.46µg (2.08%), Vitamin B12: 0.08µg (1.34%)