



Cold Tomato Soup with Cucumber and Cantaloupe



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



45 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 clove garlic minced
- ☐ 2 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper
- ☐ 0.3 teaspoon sugar
- ☐ 2 pound tomatoes
- ☐ 0.5 cup water

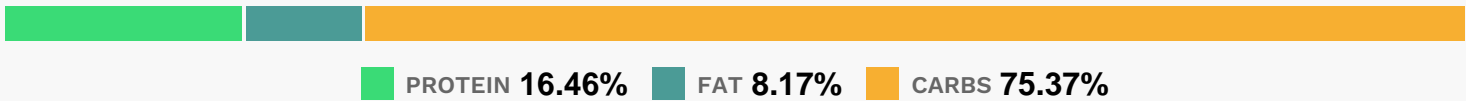
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ Working over a bowl core the tomatoes and chop them roughly, combining them in a saucepan with their seeds and collected juice.
- ☐ Add the garlic, basil or fennel leaves, oil, vinegar and sugar, a big pinch of salt, about ¼ teaspoon black pepper and the water.
- ☐ Heat to 150 degrees F, hot but well below boiling. we want to keep the fresh taste of the tomatoes.
- ☐ Remove the pan from the heat once the temperature is achieved. Then strain the mixture through a not too fine-meshed sieve, use the back of a wooden spoon to push some of the pulp through. You just to remove skins, seeds and basil leaves. Cool over a bowl of ice water, or in the refrigerator. Taste and adjust seasonings. When you are ready to eat, divide the small dice of cucumber and melon among 4 bowls and pour the chilled soup over them.
- ☐ Garnish with basil and serve.

Nutrition Facts



Properties

Glycemic Index:34.52, Glycemic Load:2.63, Inflammation Score:-8, Nutrition Score:9.0013044321019%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 45.45kcal (2.27%), Fat: 0.46g (0.71%), Saturated Fat: 0.06g (0.41%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 6.84g (2.49%), Sugar: 6.23g (6.92%), Cholesterol: 0mg (0%), Sodium: 207.47mg (9.02%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.19%), Vitamin C: 31.58mg (38.27%), Vitamin A: 1889.35IU (37.79%), Vitamin K: 17.94µg (17.09%), Potassium: 546.49mg (15.61%), Manganese: 0.29mg (14.38%), Fiber: 2.75g (11.01%), Vitamin B6: 0.2mg (10%), Folate: 34.06µg (8.52%), Vitamin E: 1.23mg (8.17%), Copper: 0.14mg (7.2%), Vitamin B3: 1.36mg (6.79%), Magnesium: 25.92mg (6.48%), Vitamin B1: 0.09mg (5.79%), Phosphorus: 57.33mg (5.73%), Iron: 0.67mg (3.74%), Zinc: 0.41mg (2.72%), Calcium: 26.85mg (2.69%), Vitamin B2: 0.04mg (2.63%), Vitamin B5: 0.21mg (2.11%)