



Cold Tomato Summer Vegetable Soup



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



8

CALORIES



98 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tomatoes fresh seeds removed (cut tomatoes in half, tablespoon out seeds into a sieve over a bowl to catch the juice, use the juice, discard the seeds), chopped ripe
- ☐ 1 cucumber peeled seeded chopped fine
- ☐ 1 bell pepper red chopped fine
- ☐ 2 stalks celery chopped fine
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 2 teaspoons sugar
- ☐ 2 zucchini chopped fine

- ☐ 0.5 medium onion sweet chopped fine
- ☐ 1 teaspoons salt
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups sacramento tomato juice (in addition to the juice made when you squeezed the tomatoes above)
- ☐ 1 teaspoon worcestershire sauce
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 cup sherry vinegar
- ☐ 1 teaspoon oregano fresh dry chopped (or pinch of)
- ☐ 1.5 cups vegetable broth
- ☐ 8 servings hot sauce if needed

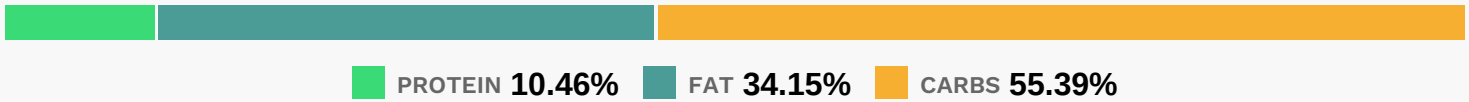
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl. Use the additional tomato juice to thin the soup to desired consistency. Adjust seasonings to taste. Better the next day.

Nutrition Facts



Properties

Glycemic Index:45.05, Glycemic Load:3.55, Inflammation Score:-9, Nutrition Score:13.181739268096%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 97.93kcal (4.9%), Fat: 4.05g (6.23%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 11.73g (4.27%), Sugar: 10.68g (11.86%), Cholesterol: 0mg (0%), Sodium: 508.9mg (22.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin C: 60.12mg (72.87%), Vitamin A: 1917.82IU (38.36%), Vitamin K: 21.8µg (20.76%), Potassium: 705.56mg (20.16%), Manganese: 0.37mg (18.58%), Vitamin B6: 0.36mg (18.2%), Folate: 65.05µg (16.26%), Fiber: 3.04g (12.15%), Vitamin E: 1.68mg (11.19%), Magnesium: 39.75mg (9.94%), Copper: 0.19mg (9.42%), Vitamin B1: 0.13mg (8.79%), Vitamin B3: 1.63mg (8.13%), Phosphorus: 79.7mg (7.97%), Vitamin B2: 0.13mg (7.5%), Iron: 1.26mg (6.99%), Vitamin B5: 0.6mg (6.01%), Calcium: 48.1mg (4.81%), Zinc: 0.61mg (4.09%)