



Contadina® "Creamy" Tomato Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce .5 can cannellini beans rinsed drained canned
- 14.5 ounce tomatoes diced undrained contadina® canned
- 15 ounce tomato sauce contadina® canned
- 0.3 teaspoon ground pepper black
- 2 tablespoons olive oil
- 0.3 teaspoon pepper flakes dried red
- 14.5 ounce reduced sodium chicken broth canned
- 0.5 cup shallots diced

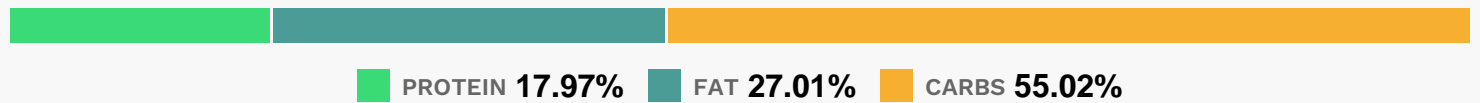
Equipment

- food processor
- sauce pan
- blender
- immersion blender

Directions

- Heat olive oil in a large saucepan over medium heat. Cook shallots and red pepper flakes until softened, 2 to 3 minutes, stirring frequently.
- Stir in remaining ingredients, except basil. Puree in saucepan with a hand-held immersion blender or puree in batches in a blender or food processor. Return to saucepan and heat through.
- Top with fresh basil before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:5.63, Inflammation Score:-6, Nutrition Score:11.986086892045%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 176.31kcal (8.82%), Fat: 5.62g (8.65%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 19.93g (7.25%), Sugar: 6.01g (6.67%), Cholesterol: 0mg (0%), Sodium: 461.85mg (20.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.41g (16.83%), Manganese: 0.56mg (28.16%), Fiber: 5.83g (23.32%), Potassium: 788.61mg (22.53%), Iron: 3.89mg (21.63%), Vitamin E: 2.76mg (18.39%), Copper: 0.35mg (17.37%), Folate: 64.67µg (16.17%), Vitamin C: 12.91mg (15.65%), Magnesium: 59.4mg (14.85%), Vitamin B6: 0.28mg (13.78%), Phosphorus: 129.41mg (12.94%), Vitamin B3: 2.26mg (11.29%), Calcium: 93.62mg (9.36%), Vitamin K: 9.22µg (8.78%), Vitamin B1: 0.13mg (8.53%), Vitamin A: 412.99IU (8.26%), Zinc: 1.2mg (7.98%), Vitamin B2: 0.14mg (7.96%), Vitamin

B5: 0.49mg (4.9%), Selenium: 1.89µg (2.69%), Vitamin B12: 0.07µg (1.14%)