



Cook the Book: Creamy Tomato Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



226 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 garlic clove minced
- ☐ 0.5 cup half and half
- ☐ 6 servings pepper black freshly ground
- ☐ 5.3 cups chicken broth low-sodium homemade store-bought
- ☐ 79.5 ounce canned tomatoes crushed
- ☐ 1 medium onion finely chopped
- ☐ 3 sprigs oregano fresh plus more for garnish
- ☐ 2 tablespoons butter unsalted

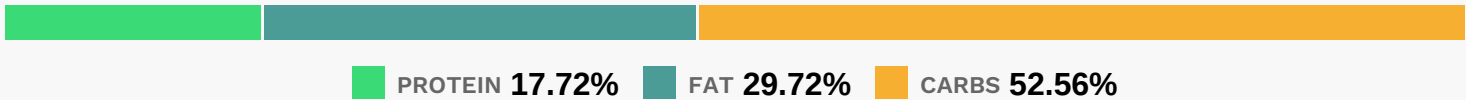
Equipment

☐ sauce pan

Directions

- ☐ Melt the butter in a medium saucepan over medium-low heat.
- ☐ Add the onion and garlic, and cook, stirring, until translucent, about 8 minutes.
- ☐ Add the tomatoes, stock, and oregano; cover, and bring to a boil. Reduce heat, and simmer gently, uncovered, until thickened, about 45 minutes.
- ☐ Remove the oregano sprigs.
- ☐ Slowly add the half-and-half, stirring constantly. Season with salt and pepper.
- ☐ Garnish with oregano.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:8.24, Inflammation Score:-9, Nutrition Score:22.59521727847%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg, Quercetin: 3.75mg

Nutrients (% of daily need)

Calories: 225.59kcal (11.28%), Fat: 8.47g (13.03%), Saturated Fat: 4.36g (27.25%), Carbohydrates: 33.69g (11.23%), Net Carbohydrates: 25.76g (9.37%), Sugar: 18.47g (20.52%), Cholesterol: 17.09mg (5.7%), Sodium: 571.86mg (24.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.36g (22.72%), Vitamin C: 36.59mg (44.35%), Copper: 0.81mg (40.73%), Manganese: 0.8mg (39.96%), Potassium: 1352.64mg (38.65%), Vitamin B3: 7.52mg (37.61%), Vitamin E: 5.04mg (33.62%), Vitamin B6: 0.65mg (32.28%), Iron: 5.77mg (32.05%), Fiber: 7.93g (31.72%), Vitamin K: 26.98µg (25.69%), Phosphorus: 211.68mg (21.17%), Magnesium: 84.38mg (21.1%), Vitamin A: 1013.68IU (20.27%), Vitamin B1: 0.3mg (20.09%), Vitamin B2: 0.31mg (18.24%), Calcium: 182.02mg (18.2%), Folate: 55.49µg (13.87%), Vitamin B5: 1.15mg (11.5%), Zinc: 1.38mg (9.2%), Selenium: 3.3µg (4.71%), Vitamin B12: 0.25µg (4.21%)