



Country-Style Tomato and Cilantro Broth

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.1 teaspoon peppercorns whole black crushed (10 peppercorns)
- 2 cinnamon sticks whole
- 2 bay leaves dried fresh (or 4)
- 0.3 cup cilantro leaves fresh finely chopped
- 6 cloves garlic coarsely chopped
- 2 cardamom pods green
- 1.3 teaspoons sea salt fine

- 6 medium tomatoes seeded quartered (3 pounds total)
- 11 cloves cloves whole
- 1 teaspoon coriander seeds whole

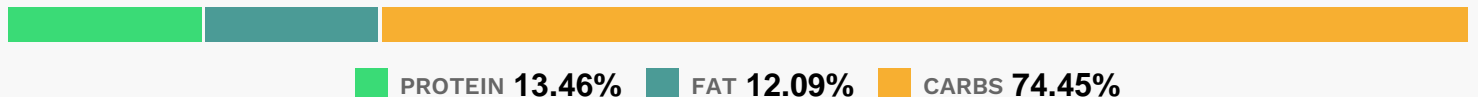
Equipment

- pot
- sieve
- blender
- cheesecloth
- kitchen twine

Directions

- Make spice sachet by wrapping together in cheesecloth the cinnamon sticks, coriander seeds, cloves, peppercorns, bay leaves, and cardamom pods. Tie with kitchen string.
- In heavy, large pot over high heat, stir together 4 cups water, tomatoes, garlic, ginger, cilantro stems, 1 teaspoon salt, and spice sachet. Bring to boil, then reduce heat and simmer, uncovered, until reduced by 1/3, about 30 minutes. Strain through fine-mesh sieve into large clean pot, reserving solids. Discard spice sachet. Measure 1 cup of strained liquid in pot and transfer to blender.
- Add reserved solids and pureé until smooth. Strain through fine-mesh sieve back into pot with liquid.
- Place pot over high heat and bring to simmer, about 5 minutes. Stir in ground pepper and remaining 1/4 teaspoon salt.
- Serve immediately, topping each portion with chopped cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:2.38, Inflammation Score:-8, Nutrition Score:13.368695590807%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 57.42kcal (2.87%), Fat: 0.94g (1.45%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 13.08g (4.36%), Net Carbohydrates: 8.31g (3.02%), Sugar: 5.01g (5.57%), Cholesterol: 0mg (0%), Sodium: 745.37mg (32.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.73%), Manganese: 2.58mg (128.9%), Vitamin C: 27.36mg (33.16%), Vitamin A: 1618.86IU (32.38%), Vitamin K: 22.63µg (21.55%), Fiber: 4.77g (19.07%), Potassium: 517.54mg (14.79%), Vitamin B6: 0.22mg (11.12%), Vitamin E: 1.31mg (8.74%), Magnesium: 34.32mg (8.58%), Copper: 0.15mg (7.68%), Iron: 1.34mg (7.43%), Folate: 29.36µg (7.34%), Calcium: 71.58mg (7.16%), Vitamin B3: 1.23mg (6.15%), Phosphorus: 59.92mg (5.99%), Vitamin B1: 0.09mg (5.74%), Zinc: 0.57mg (3.81%), Vitamin B2: 0.05mg (3.08%), Vitamin B5: 0.22mg (2.21%), Selenium: 1.05µg (1.5%)