



Cream of Tomato Soup

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



126 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 cups milk
- ☐ 1 onion chopped
- ☐ 6 servings salt to taste
- ☐ 1 quart sacramento tomato juice

Equipment

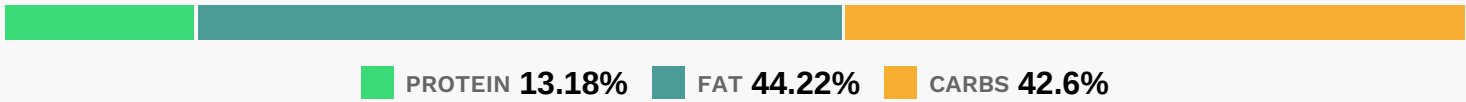
- ☐ whisk

☐ dutch oven

Directions

- ☐ In a Dutch oven, over medium heat, saute onions in butter until translucent.
- ☐ Remove from the heat. Stir in the flour so that no lumps remain, then slowly whisk in the tomato juice. Return to the heat and add salt to taste. Cook until just boiling but turn off the heat before it boils.
- ☐ Let cool 10 minutes then slowly stir in milk.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.89, Glycemic Load:5.1, Inflammation Score:-7, Nutrition Score:9.1695652215377%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 125.51kcal (6.28%), Fat: 6.51g (10.01%), Saturated Fat: 3.94g (24.6%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 13.1g (4.76%), Sugar: 10.31g (11.46%), Cholesterol: 19.79mg (6.6%), Sodium: 271.26mg (11.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Vitamin C: 30.22mg (36.63%), Vitamin A: 958.51IU (19.17%), Potassium: 513.79mg (14.68%), Vitamin B6: 0.25mg (12.4%), Calcium: 121.64mg (12.16%), Phosphorus: 119.67mg (11.97%), Vitamin B2: 0.18mg (10.59%), Folate: 39.74µg (9.94%), Vitamin B1: 0.15mg (9.86%), Manganese: 0.15mg (7.74%), Vitamin B12: 0.45µg (7.45%), Magnesium: 29.59mg (7.4%), Vitamin B5: 0.74mg (7.36%), Vitamin B3: 1.32mg (6.59%), Vitamin D: 0.89µg (5.96%), Copper: 0.11mg (5.4%), Iron: 0.84mg (4.64%), Vitamin E: 0.66mg (4.39%), Selenium: 3µg (4.29%), Zinc: 0.62mg (4.16%), Vitamin K: 4.28µg (4.08%), Fiber: 1.01g (4.04%)