



## Cream of Tomato Soup with Pesto

 Vegetarian  Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



82 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons basil pesto
- 14.5 ounce canned tomatoes diced with juice canned
- 32 fluid ounce chicken broth
- 1 cup half-and-half cream
- 6 servings salt and pepper to taste

### Equipment

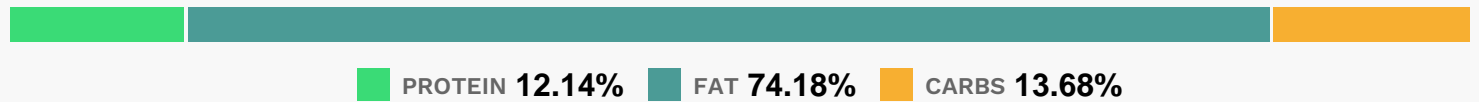
- bowl
- frying pan

- sauce pan
- ladle
- blender
- immersion blender

## Directions

- Pour chicken broth into a large saucepan, and bring to a boil. Boil until reduced by about 1/2.
- Pour in both cans of the tomatoes, and return to a simmer.
- Pour in the half-and-half, and turn heat to low. Simmer for 15 minutes. Puree in batches in a blender, or use an immersion blender in the pan. Season with salt and pepper to taste. Ladle into bowls, and swirl in a spoonful of pesto before serving.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:2.2247826042383%

## Nutrients (% of daily need)

Calories: 81.65kcal (4.08%), Fat: 6.82g (10.49%), Saturated Fat: 3.18g (19.85%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.75g (1%), Sugar: 2.5g (2.78%), Cholesterol: 17.67mg (5.89%), Sodium: 850.23mg (36.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.02%), Vitamin B2: 0.17mg (10.08%), Calcium: 57.63mg (5.76%), Vitamin A: 246.73IU (4.93%), Phosphorus: 44.62mg (4.46%), Manganese: 0.07mg (3.67%), Vitamin B1: 0.05mg (3.01%), Selenium: 1.92µg (2.75%), Potassium: 81.67mg (2.33%), Vitamin B3: 0.39mg (1.95%), Vitamin B12: 0.11µg (1.8%), Zinc: 0.27mg (1.79%), Magnesium: 5.62mg (1.4%), Copper: 0.03mg (1.37%), Vitamin B5: 0.13mg (1.31%), Vitamin E: 0.16mg (1.09%), Vitamin B6: 0.02mg (1.01%)