



Creamy Fresh Tomato Soup



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



208 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 lb tomatoes fresh (4 to 5 medium)
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 1.5 cups vegetable stock
- ☐ 6 oz canned tomatoes canned
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.1 teaspoon ground pepper red (cayenne)

- ☐ 0.5 cup whipping cream
- ☐ 0.3 cup basil fresh chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ In large saucepan, heat 3 quarts water to boiling. With sharp knife, cut shallow X in bottom of each tomato.
- ☐ Add to boiling water, 2 or 3 at a time, for 10 seconds. Using a slotted spoon, remove tomatoes from boiling water; immediately plunge into ice water until cold.
- ☐ Drain. Peel and chop tomatoes.
- ☐ In heavy 3-quart saucepan, heat oil over medium heat. Cook onion in oil 3 to 5 minutes, stirring frequently, until tender. Stir in chopped tomatoes, broth, tomato paste, salt, nutmeg and red pepper.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 5 minutes or until tomatoes are soft. Stir in whipping cream.
- ☐ In blender or food processor, place 2 1/2 cups tomato mixture. Cover; blend on medium speed 30 seconds or until smooth.
- ☐ Pour mixture into large bowl. Repeat with remaining tomato mixture. Return pureed mixture to saucepan.
- ☐ Heat over medium heat, stirring frequently, until hot. Top each serving with basil.

Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:4.56, Inflammation Score:-9, Nutrition Score:13.9778260174%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

Nutrients (% of daily need)

Calories: 208.13kcal (10.41%), Fat: 14.92g (22.95%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 17.77g (5.92%), Net Carbohydrates: 13.49g (4.91%), Sugar: 11.2g (12.44%), Cholesterol: 33.62mg (11.21%), Sodium: 1011.14mg (43.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.08%), Vitamin A: 2711.73IU (54.23%), Vitamin C: 38.44mg (46.6%), Vitamin K: 29.66µg (28.25%), Potassium: 755.04mg (21.57%), Manganese: 0.41mg (20.59%), Vitamin E: 2.57mg (17.15%), Fiber: 4.28g (17.11%), Vitamin B6: 0.31mg (15.38%), Folate: 49.52µg (12.38%), Copper: 0.24mg (11.91%), Magnesium: 40.83mg (10.21%), Phosphorus: 98.18mg (9.82%), Vitamin B3: 1.95mg (9.76%), Vitamin B1: 0.14mg (9.42%), Vitamin B2: 0.13mg (7.87%), Iron: 1.36mg (7.55%), Calcium: 69.35mg (6.93%), Vitamin B5: 0.45mg (4.48%), Zinc: 0.66mg (4.38%), Vitamin D: 0.48µg (3.17%), Selenium: 1.36µg (1.94%)