



Creamy Roasted Tomato Soup with Grilled Fontina-Mushroom Sandwiches

 Vegetarian

READY IN

ready

85 min.

SERVINGS

servings

4

CALORIES

calories

1137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices bread country-style
- ☐ 1 carrots diced
- ☐ 0.5 pound cremini mushrooms thinly sliced
- ☐ 0.5 pound fontina grated
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 6 cloves garlic coarsely chopped

- ☐ 1.5 cups heavy cream
- ☐ 0.3 cup olive oil divided
- ☐ 2 tablespoons olive oil
- ☐ 1 onion diced spanish
- ☐ 10 plum tomatoes seeds removed halved lengthwise
- ☐ 4 servings salt and pepper freshly ground
- ☐ 8 tablespoons butter unsalted softened
- ☐ 3 cups vegetable stock

Equipment

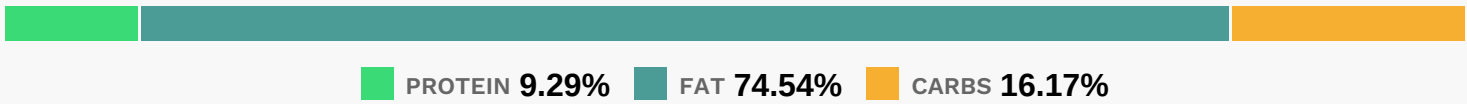
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 325 degrees F.
- ☐ Place tomatoes in a large baking dish and drizzle with 2 tablespoons of the olive oil and sprinkle with the garlic, season with salt and pepper. Roast for 25 to 30 minutes, or until the tomatoes are soft.
- ☐ Heat the remaining olive oil in a medium stock pot over medium heat.
- ☐ Add the onions and carrots and cook until the onions are soft, about 5 minutes.
- ☐ Add the roasted tomatoes, garlic, and the juices that have accumulated.
- ☐ Add the stock and fresh thyme and cook for 20 minutes.
- ☐ Place the cream in a small saucepan over medium high heat and cook until reduced by half.
- ☐ Transfer the mixture to a blender and blend until smooth, strain into a clean saucepan over low heat, add the reduced cream, and cook for 5 minutes.

- ☐ Heat olive oil in a large saute pan, add the mushrooms, and cook until golden brown. Season with salt and pepper, and stir in the sage.
- ☐ Brush the bread on 1 side with the butter. Turn 4 of the slices over on a work surface. Divide the cheese among the slices then divide the mushrooms on top of the cheese. Cover with the remaining 4 slices of bread, butter-side up.
- ☐ Heat a frying pan over medium heat.
- ☐ Add the sandwiches and cook, turning once, until golden, about 2 minutes per side.

Nutrition Facts



Properties

Glycemic Index:79.38, Glycemic Load:18.68, Inflammation Score:-10, Nutrition Score:36.962608793507%

Flavonoids

Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg, Naringenin: 1.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 1136.52kcal (56.83%), Fat: 96.16g (147.94%), Saturated Fat: 49.14g (307.11%), Carbohydrates: 46.96g (15.65%), Net Carbohydrates: 41.17g (14.97%), Sugar: 15.19g (16.88%), Cholesterol: 226.82mg (75.61%), Sodium: 1668.62mg (72.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.9%), Copper: 5.07mg (253.71%), Vitamin A: 6828.8IU (136.58%), Manganese: 1.25mg (62.35%), Selenium: 42.84µg (61.2%), Calcium: 509.92mg (50.99%), Phosphorus: 454.75mg (45.47%), Vitamin B2: 0.77mg (45.45%), Vitamin E: 5.63mg (37.56%), Vitamin C: 29.02mg (35.18%), Vitamin K: 35.82µg (34.11%), Vitamin B3: 6.6mg (33.02%), Vitamin B1: 0.41mg (27.3%), Potassium: 952.41mg (27.21%), Zinc: 3.89mg (25.93%), Folate: 101.88µg (25.47%), Fiber: 5.78g (23.13%), Vitamin B6: 0.44mg (22.18%), Vitamin B5: 2.06mg (20.59%), Iron: 3.66mg (20.31%), Vitamin B12: 1.2µg (19.99%), Magnesium: 70.92mg (17.73%), Vitamin D: 2.24µg (14.97%)