



Creamy Tomato And Cream Cheese Soup

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

104 kcal

- SOUP
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- ☐ 8 cups beef stock
- ☐ 58 ounce tomatoes diced canned
- ☐ 2 stalks celery chopped
- ☐ 3 ounce cream cheese
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 teaspoon rosemary dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons flour all-purpose
- ☐ 3 tablespoons parsley fresh chopped

- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons butter
- ☐ 0.5 pound mushrooms chopped
- ☐ 1 onion diced finely
- ☐ 1 bell pepper red chopped
- ☐ 12 servings salt and pepper to taste
- ☐ 1 teaspoon sugar white

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Place the tomatoes with juice in a well buttered oven-proof baking dish.
- ☐ Mix in celery, garlic, and red pepper. Cover, and bake at 325 degrees F (165 degrees C) for 25 minutes.
- ☐ In a large stock pot, melt butter or margarine over medium heat.
- ☐ Add the mushrooms and onions, and cook and stir for about 8 minutes.
- ☐ Slowly stir in flour and sugar.
- ☐ Add beef stock, basil, rosemary, and thyme, stirring until soup comes to a boil.
- ☐ Add the contents of the baked tomato pan from the oven, and bring to a boil. Cover, and simmer the soup for about 30 minutes.
- ☐ Meanwhile, in a food processor, blend the cream cheese until smooth. Season with salt and pepper to taste. Slowly stir the cream cheese into the soup.
- ☐ Garnish with chopped parsley.

Nutrition Facts



 PROTEIN **20.31%**  FAT **38.27%**  CARBS **41.42%**

Properties

Glycemic Index:35.59, Glycemic Load:1.57, Inflammation Score:-7, Nutrition Score:11.184347895177%

Flavonoids

Apigenin: 2.36mg, Apigenin: 2.36mg, Apigenin: 2.36mg, Apigenin: 2.36mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 104.18kcal (5.21%), Fat: 4.78g (7.36%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 9.51g (3.46%), Sugar: 6.01g (6.68%), Cholesterol: 7.16mg (2.39%), Sodium: 758.56mg (32.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin C: 28.23mg (34.22%), Vitamin K: 24.6µg (23.43%), Vitamin B2: 0.34mg (19.84%), Potassium: 686.08mg (19.6%), Vitamin B3: 3.28mg (16.42%), Vitamin B6: 0.32mg (15.86%), Vitamin A: 765.88IU (15.32%), Copper: 0.25mg (12.49%), Iron: 2.16mg (11.99%), Phosphorus: 109.74mg (10.97%), Vitamin B1: 0.15mg (10.3%), Manganese: 0.17mg (8.57%), Fiber: 2.14g (8.56%), Vitamin E: 1.28mg (8.5%), Magnesium: 32.82mg (8.21%), Folate: 30.82µg (7.7%), Calcium: 73.26mg (7.33%), Selenium: 5.01µg (7.15%), Vitamin B5: 0.56mg (5.59%), Zinc: 0.68mg (4.52%)