

Creamy Tomato-Basil Soup

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



262 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 1 quart chicken broth
- 8 sprigs basil fresh for garnish
- 0.5 cup basil leaves fresh chopped
- 8 servings ground pepper black to taste
- 1 cup heavy cream
- 0.3 cup olive oil
- 1.5 cups onions chopped

- 8 servings salt to taste
- 3 pounds tomatoes cored peeled quartered

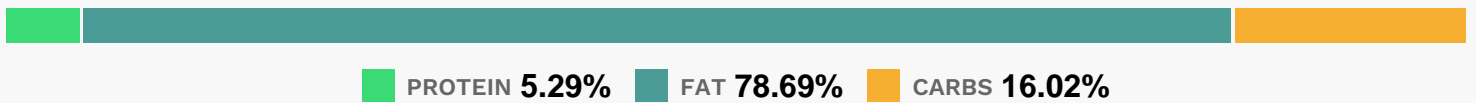
Equipment

- pot
- sieve
- blender
- immersion blender

Directions

- Heat the butter and olive oil in a large pot over medium heat. Stir in onions and cook until tender.
- Mix in tomatoes and chopped basil. Season with salt and pepper.
- Pour in the chicken broth, reduce heat to low, and continue cooking 15 minutes.
- Transfer soup to a blender (or use an immersible hand blender), and blend until smooth. Return to the pot, and bring to a boil. Reduce heat to low, and gradually mix in the heavy cream.
- Pour soup through a strainer before serving.
- Garnish each serving with a sprig of basil.

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:2.4, Inflammation Score:-9, Nutrition Score:11.052173982496%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg 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: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

Nutrients (% of daily need)

Calories: 262.45kcal (13.12%), Fat: 23.89g (36.75%), Saturated Fat: 11.5g (71.87%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 8.31g (3.02%), Sugar: 7.14g (7.93%), Cholesterol: 51.23mg (17.08%), Sodium: 696.31mg (30.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin A: 2219.64IU (44.39%), Vitamin K: 33.76µg (32.15%), Vitamin C: 26.33mg (31.92%), Manganese: 0.34mg (17.04%), Vitamin E: 2.41mg (16.07%), Potassium: 509.95mg (14.57%), Fiber: 2.63g (10.53%), Vitamin B2: 0.17mg (10.08%), Vitamin B6: 0.19mg (9.42%), Folate: 35.01µg (8.75%), Phosphorus: 75.33mg (7.53%), Copper: 0.15mg (7.4%), Vitamin B1: 0.11mg (7.28%), Magnesium: 27.53mg (6.88%), Vitamin B3: 1.36mg (6.79%), Calcium: 56.8mg (5.68%), Iron: 0.8mg (4.42%), Zinc: 0.53mg (3.54%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.29mg (2.91%), Selenium: 1.6µg (2.29%), Vitamin B12: 0.08µg (1.39%)