



Creamy Tomato Soup

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 28 oz canned tomatoes with juice crushed canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 clove garlic chopped
- ☐ 0.5 cup cup heavy whipping cream warmed
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 8 servings salt and pepper

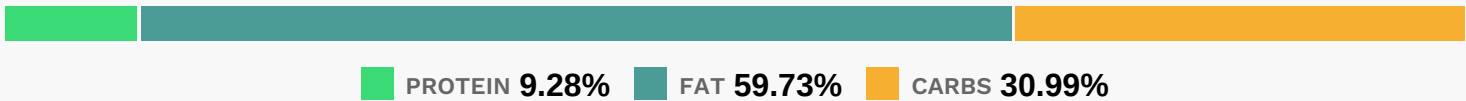
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Warm oil in a large saucepan over medium-high heat.
- ☐ Add onion and cook, stirring often, until softened, 3 to 5 minutes.
- ☐ Add garlic and cook until slightly softened and fragrant, about 1 minute. Stir in flour to blend, about 1 minute.
- ☐ Add tomatoes with juice and broth to saucepan, increase heat to high and bring to a boil. Stir or whisk constantly until slightly thickened, about 3 minutes.
- ☐ Working in batches, carefully transfer soup to a blender and puree until smooth.
- ☐ Pour into a bowl until all soup is pureed. Return soup to saucepan, stir in cream and cook over low heat for 3 to 5 minutes, until heated through. Do not boil. Season with salt and pepper.
- ☐ Serve hot in warmed cups.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:3.39, Inflammation Score:-5, Nutrition Score:6.7556522203528%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 133.23kcal (6.66%), Fat: 9.45g (14.53%), Saturated Fat: 4.03g (25.2%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 8.85g (3.22%), Sugar: 5.45g (6.06%), Cholesterol: 16.81mg (5.6%), Sodium: 342.78mg (14.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Vitamin E: 1.89mg (12.57%), Vitamin C: 10.35mg (12.55%), Manganese: 0.22mg (10.95%), Copper: 0.22mg (10.76%), Potassium: 366.57mg (10.47%), Vitamin B3: 1.96mg (9.79%), Vitamin B6: 0.18mg (9.02%), Fiber: 2.18g (8.71%), Vitamin A: 432.3IU (8.65%), Iron: 1.54mg (8.56%), Vitamin K: 7.91µg (7.53%), Vitamin B1: 0.1mg (6.61%), Vitamin B2: 0.11mg (6.25%), Phosphorus: 60.24mg (6.02%), Magnesium: 23.21mg (5.8%), Calcium: 49.6mg (4.96%), Folate: 19.55µg (4.89%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.39mg (2.59%), Selenium: 1.8µg (2.57%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.07µg (1.13%)