



HEALTH SCORE

70%

Creamy tomato soup



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



75 min.

SERVINGS



6

CALORIES



348 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 2 onion chopped
- ☐ 2 celery stalks chopped
- ☐ 300 g carrots chopped
- ☐ 500 g potatoes diced
- ☐ 4 bay leaves
- ☐ 5 tbsp tomato purée
- ☐ 2 tbsp sugar

- ☐ 2 tbsp citrus champagne vinegar
- ☐ 1600 g canned tomatoes chopped canned
- ☐ 500 g passata
- ☐ 3 vegetable cube
- ☐ 400 ml milk whole

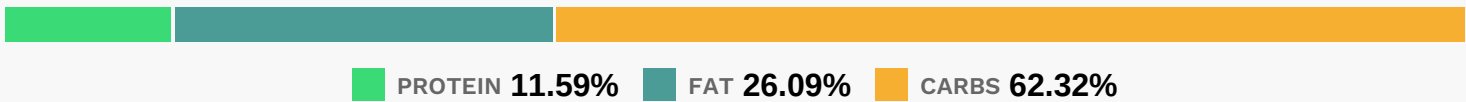
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender
- ☐ casserole dish

Directions

- ☐ Put the oil, onions, celery, carrots, potatoes and bay leaves in a big casserole dish, or two saucepans. Fry gently until the onions are softened about 10–15 mins. Fill the kettle and boil it.
- ☐ Stir in the tomato pure, sugar, vinegar, chopped tomatoes and passata, then crumble in the stock cubes.
- ☐ Add 1 litre boiling water and bring to a simmer. Cover and simmer for 15 mins until the potato is tender, then remove the bay leaves. Pure with a stick blender (or ladle into a blender in batches) until very smooth. Season to taste and add a pinch more sugar if it needs it. The soup can now be cooled and chilled for up to 2 days, or frozen for up to 3 months.
- ☐ To serve, reheat the soup, stirring in the milk try not to let it boil.
- ☐ Serve in small bowls for the children with cheesy sausage rolls then later in bowls for the adults as Hot Bloody Mary soup (see 'Goes well with' recipes, below).

Nutrition Facts



Properties

Glycemic Index:55.95, Glycemic Load:22.48, Inflammation Score:-10, Nutrition Score:31.870869719464%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg

Nutrients (% of daily need)

Calories: 348.07kcal (17.4%), Fat: 10.9g (16.77%), Saturated Fat: 2.43g (15.22%), Carbohydrates: 58.59g (19.53%), Net Carbohydrates: 47.75g (17.36%), Sugar: 28.43g (31.59%), Cholesterol: 8.25mg (2.75%), Sodium: 787.82mg (34.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.78%), Vitamin A: 9543.23IU (190.86%), Vitamin C: 56.96mg (69.04%), Potassium: 1879.11mg (53.69%), Vitamin B6: 0.92mg (46.24%), Manganese: 0.91mg (45.48%), Copper: 0.89mg (44.72%), Vitamin E: 6.63mg (44.2%), Fiber: 10.84g (43.36%), Iron: 6.16mg (34.22%), Vitamin B3: 6.17mg (30.83%), Vitamin K: 30.56µg (29.11%), Magnesium: 113.08mg (28.27%), Phosphorus: 269.87mg (26.99%), Vitamin B1: 0.38mg (25.3%), Calcium: 229.07mg (22.91%), Vitamin B2: 0.38mg (22.25%), Folate: 75.7µg (18.92%), Vitamin B5: 1.85mg (18.55%), Zinc: 1.78mg (11.87%), Vitamin B12: 0.37µg (6.19%), Selenium: 4.1µg (5.85%), Vitamin D: 0.76µg (5.04%)