



Creamy Tomato Soup

 Vegetarian  Gluten Free

READY IN



63 min.

SERVINGS



9

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes undrained canned
- ☐ 0.3 cup carrots chopped
- ☐ 0.8 cup celery chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 3 garlic clove minced
- ☐ 0.1 teaspoon kosher salt
- ☐ 3 tablespoons olive oil

- ☐ 1 cup onion chopped
- ☐ 1 tablespoon tomato paste
- ☐ 3 cups vegetable stock fat-free
- ☐ 0.3 cup whipping cream
- ☐ 0.5 cup wine

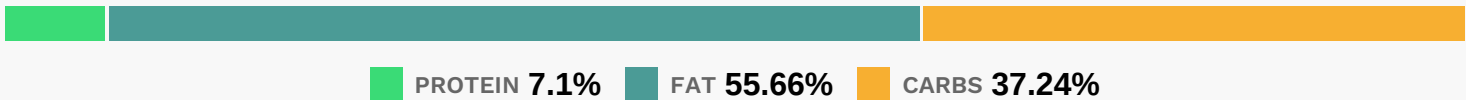
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Heat a large saucepan over medium heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion and next 5 ingredients (through garlic) to pan; cook 10 minutes, stirring occasionally. Stir in tomato paste; cook 1 minute.
- ☐ Add broth and next 3 ingredients (through tomatoes). Bring to a boil; reduce heat and simmer, uncovered, 30 minutes.
- ☐ Place one-third of tomato mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth.
- ☐ Pour into a large bowl. Repeat procedure twice with remaining tomato mixture. Stir in cream.
- ☐ Garnish with basil, if desired.

Nutrition Facts



Properties

Glycemic Index:42.31, Glycemic Load:3.09, Inflammation Score:-8, Nutrition Score:7.4578260753466%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg, Isorhamnetin: 0.89mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg, Quercetin: 3.67mg

Nutrients (% of daily need)

Calories: 120.42kcal (6.02%), Fat: 7.36g (11.33%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 8.71g (3.17%), Sugar: 6.19g (6.88%), Cholesterol: 7.47mg (2.49%), Sodium: 489.58mg (21.29%), Alcohol: 1.37g (100%), Alcohol %: 0.77% (100%), Protein: 2.11g (4.23%), Vitamin A: 1346.77IU (26.94%), Vitamin K: 14.08µg (13.41%), Vitamin E: 1.98mg (13.18%), Vitamin C: 10.83mg (13.13%), Manganese: 0.26mg (12.97%), Potassium: 362.71mg (10.36%), Vitamin B6: 0.19mg (9.65%), Fiber: 2.38g (9.51%), Copper: 0.19mg (9.41%), Iron: 1.39mg (7.7%), Vitamin B3: 1.26mg (6.3%), Magnesium: 24.32mg (6.08%), Vitamin B1: 0.08mg (5.64%), Folate: 19.89µg (4.97%), Calcium: 48.76mg (4.88%), Phosphorus: 46.85mg (4.68%), Vitamin B2: 0.08mg (4.54%), Vitamin B5: 0.34mg (3.35%), Zinc: 0.35mg (2.35%), Selenium: 1.11µg (1.59%)