



Creamy Tomato Soup

 Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



137 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 7 servings basil fresh sour thinly sliced
- 0.5 cup heavy cream (whipping)
- 0.3 teaspoon kosher salt
- 1 cup chicken broth reduced-sodium
- 2 tablespoons fleischmann's original margarine-stick
- 0.5 cup onion chopped
- 28 oz hunt's petite tomatoes diced undrained canned
- 1 tablespoon hunt's tomato paste

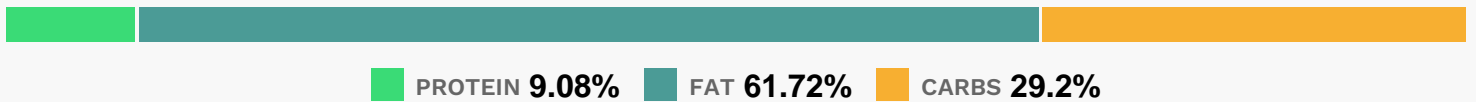
Equipment

- food processor
- sauce pan
- blender

Directions

- Hands On: 25 minutes Total: 25 minutes Melt Fleischmann's in medium saucepan over medium heat.
- Add onions; cook 2 to 3 minutes, or until onion softens, stirring occasionally.
- Add undrained tomatoes, broth, tomato paste and salt; mix well. Bring to a boil over medium heat. Reduce heat to low; simmer 5 to 10 minutes, or until slightly thickened, stirring occasionally. Slowly add about 1/2 cup tomato mixture to cream; mix well. Gradually stir cream mixture into saucepan.
- Remove from heat.
- Pour into blender or food processor container and work in batches if necessary; cover. Pulse a few times, then blend just until smooth.
- Garnish each serving with sour cream or basil, if desired.

Nutrition Facts



Properties

Glycemic Index:25.71, Glycemic Load:2.73, Inflammation Score:-6, Nutrition Score:7.9195652474528%

Flavonoids

Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 136.76kcal (6.84%), Fat: 10.09g (15.53%), Saturated Fat: 4.73g (29.56%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 8.27g (3.01%), Sugar: 6.3g (7%), Cholesterol: 19.21mg (6.4%), Sodium: 305.88mg (13.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin A: 785.41IU (15.71%), Vitamin C: 12.25mg

(14.85%), Vitamin K: 15.16µg (14.44%), Manganese: 0.25mg (12.63%), Copper: 0.25mg (12.36%), Vitamin E: 1.82mg (12.14%), Potassium: 424.96mg (12.14%), Vitamin B6: 0.2mg (10.08%), Fiber: 2.47g (9.9%), Vitamin B3: 1.96mg (9.81%), Iron: 1.72mg (9.55%), Magnesium: 27.72mg (6.93%), Vitamin B2: 0.11mg (6.51%), Vitamin B1: 0.1mg (6.41%), Phosphorus: 63.56mg (6.36%), Calcium: 59.43mg (5.94%), Folate: 19.27µg (4.82%), Vitamin B5: 0.38mg (3.84%), Zinc: 0.43mg (2.87%), Selenium: 1.37µg (1.96%), Vitamin D: 0.27µg (1.81%), Vitamin B12: 0.07µg (1.09%)