



## Creamy Tomato Soup With Crispy Croutons

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 oz brie without rind cut into pieces\*
- 56 oz tomatoes chopped canned
- 14 oz chicken broth canned
- 8 servings croutons crispy
- 3 garlic cloves minced
- 2 tablespoons olive oil
- 1 small onion diced
- 0.5 teaspoon pepper freshly ground

1 teaspoon salt

## Equipment

frying pan

baking sheet

oven

dutch oven

immersion blender

## Directions

Saut diced onion in 2 Tbsp. hot oil in a Dutch oven over medium-low heat 8 minutes or until tender; add minced garlic, and saut 1 minute. Increase heat to medium-high; stir in chopped tomatoes and chicken broth, and bring mixture to a boil. Simmer, stirring often, 10 minutes.

Remove pan from heat. Allow tomato mixture to cool 10 minutes; stir in Brie pieces until melted.

Process soup with immersion blender until smooth.

Cook soup over medium-low heat until thoroughly heated. Stir in salt, pepper, and, if desired, chopped fresh basil.

Serve with Crispy Croutons.

\*2 (3-oz.) packages cream cheese may be substituted for Brie.

Note: For testing purposes only, we used Alouette Crme de Brie.

Crispy Croutons: Thinly slice 1 French bread baguette.

Brush cut sides with olive oil; place on a baking sheet.

Sprinkle with 1/4 tsp. salt and 1/4 tsp. pepper.

Bake at 350 for 8 to 10 minutes or until golden. Prep: 5 min.,

Bake: 10 min.

## Nutrition Facts



## Properties

Glycemic Index:24.88, Glycemic Load:4.86, Inflammation Score:-6, Nutrition Score:14.798695737901%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

## Nutrients (% of daily need)

Calories: 240.79kcal (12.04%), Fat: 11.7g (18%), Saturated Fat: 3.06g (19.12%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 12.89g (4.69%), Sugar: 9.11g (10.13%), Cholesterol: 37.39mg (12.46%), Sodium: 811.25mg (35.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.15g (38.3%), Vitamin B6: 0.47mg (23.71%), Vitamin C: 19.26mg (23.34%), Vitamin B3: 4.44mg (22.19%), Vitamin E: 3.22mg (21.47%), Manganese: 0.42mg (20.84%), Potassium: 725.48mg (20.73%), Copper: 0.41mg (20.45%), Iron: 3.68mg (20.45%), Selenium: 13.56µg (19.37%), Phosphorus: 173.01mg (17.3%), Zinc: 2.56mg (17.04%), Fiber: 4.03g (16.1%), Vitamin B12: 0.88µg (14.59%), Vitamin K: 14.34µg (13.66%), Magnesium: 53.82mg (13.45%), Vitamin B1: 0.17mg (11.27%), Vitamin B2: 0.19mg (10.92%), Vitamin A: 515.43IU (10.31%), Calcium: 83.18mg (8.32%), Folate: 31.07µg (7.77%), Vitamin B5: 0.66mg (6.64%)