



Creamy Tomato Soup with Grilled Cheddar-Basil Sandwiches

READY IN



60 min.

SERVINGS



6

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz cheddar cheese
- 2 tablespoons basil fresh chopped
- 12 large basil fresh
- 1 tablespoon garlic finely chopped
- 0.3 teaspoon pepper black
- 0.3 cup olive oil
- 0.3 cup olive oil softened
- 1 medium onion diced

- 0.3 cup parmesan cheese grated
- 0.5 teaspoon salt
- 29 oz tomatoes diced organic undrained canned
- 0.5 cup whipping cream
- 12 slices sandwich bread white

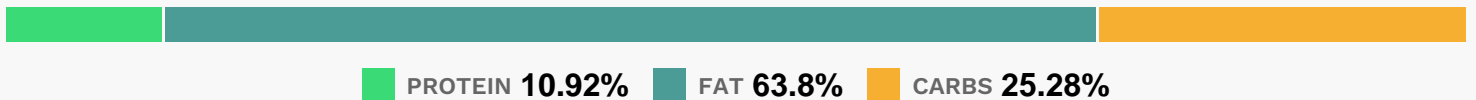
Equipment

- frying pan
- sauce pan
- blender

Directions

- In 4-quart saucepan, heat olive oil, onion and garlic over medium heat 5 to 10 minutes, stirring frequently, until onion is soft and translucent.
- Reduce heat to low.
- Add tomatoes; heat 30 minutes, stirring occasionally.
- Remove from heat; add remaining soup ingredients. In blender, place soup mixture. Cover; puree until smooth.
- Spread butter on 1 side of each bread slice. Arrange 6 slices bread, buttered side down, on work surface, and place 2 slices cheese and 2 basil leaves on each bread slice. Top with remaining 6 bread slices, buttered sides up. In 10-inch nonstick skillet, cook 2 sandwiches at a time over medium heat until golden brown and cheese just melts; repeat for remaining sandwiches.
- Serve with soup.

Nutrition Facts



Properties

Glycemic Index:61.46, Glycemic Load:19.65, Inflammation Score:-9, Nutrition Score:18.135652117107%

Flavonoids

Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg

Nutrients (% of daily need)

Calories: 529.29kcal (26.46%), Fat: 38.07g (58.57%), Saturated Fat: 13.59g (84.96%), Carbohydrates: 33.95g (11.32%), Net Carbohydrates: 30.77g (11.19%), Sugar: 7.74g (8.61%), Cholesterol: 54.39mg (18.13%), Sodium: 704.21mg (30.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.66g (29.33%), Calcium: 379.45mg (37.95%), Vitamin A: 1831.86IU (36.64%), Selenium: 21.97µg (31.38%), Vitamin K: 29.47µg (28.06%), Manganese: 0.53mg (26.63%), Phosphorus: 265.46mg (26.55%), Vitamin E: 3.88mg (25.84%), Vitamin C: 20.93mg (25.37%), Vitamin B1: 0.33mg (21.95%), Folate: 87.58µg (21.9%), Vitamin B2: 0.33mg (19.44%), Vitamin B3: 3.27mg (16.35%), Potassium: 469.35mg (13.41%), Zinc: 2mg (13.34%), Iron: 2.35mg (13.07%), Fiber: 3.18g (12.71%), Vitamin B6: 0.23mg (11.33%), Magnesium: 42.33mg (10.58%), Copper: 0.17mg (8.7%), Vitamin B12: 0.39µg (6.47%), Vitamin B5: 0.61mg (6.06%), Vitamin D: 0.51µg (3.39%)