



# Creamy Tomato Soup with Roasted Garlic and Basil

 Vegetarian

READY IN



85 min.

SERVINGS



7

CALORIES



90 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 28 ounce canned tomatoes diced canned
- 0.5 cup half-and-half fat-free
- 3 cups less-sodium chicken broth fat-free divided
- 2 tablespoons flour all-purpose
- 0.5 cup basil fresh chopped
- 1 garlic head whole
- 1 tablespoon olive oil

- 1 cup onion chopped (1 medium)
- 0.3 teaspoon pepper
- 2 tablespoons tomato paste

## Equipment

- food processor
- bowl
- oven
- whisk
- blender
- aluminum foil
- dutch oven

## Directions

- Preheat oven to 350
- Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil.
- Bake at 350 for 40 minutes; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- Heat oil in a Dutch oven.
- Add garlic and onion; saut until onion is tender.
- Add tomatoes and tomato paste; simmer 5 minutes.
- Add 2 1/2 cups chicken broth.
- Combine 1/2 cup broth and flour in a small bowl; stir with a whisk.
- Add flour mixture to tomato mixture. Bring to a boil; reduce heat, and simmer, uncovered, 30 minutes or until mixture thickens, stirring occasionally.
- Place soup in batches in a blender or food processor; process until smooth. Return mixture to Dutch oven; stir in basil, half-and-half, and pepper.

## Nutrition Facts



■ PROTEIN 14.52% ■ FAT 25.54% ■ CARBS 59.94%

## Properties

Glycemic Index:45.29, Glycemic Load:4.34, Inflammation Score:-5, Nutrition Score:9.0769564898118%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

## Nutrients (% of daily need)

Calories: 89.71kcal (4.49%), Fat: 2.8g (4.31%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 11.94g (4.34%), Sugar: 7.52g (8.36%), Cholesterol: 0.84mg (0.28%), Sodium: 601.71mg (26.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Vitamin C: 13.69mg (16.59%), Manganese: 0.31mg (15.62%), Vitamin K: 15.11µg (14.39%), Potassium: 485.93mg (13.88%), Copper: 0.27mg (13.31%), Vitamin E: 1.93mg (12.86%), Vitamin B6: 0.24mg (12.03%), Fiber: 2.84g (11.37%), Vitamin B3: 2.26mg (11.31%), Iron: 1.97mg (10.97%), Vitamin B1: 0.13mg (8.86%), Phosphorus: 86.91mg (8.69%), Vitamin B2: 0.14mg (8.53%), Vitamin A: 412.08IU (8.24%), Magnesium: 32.35mg (8.09%), Calcium: 70mg (7%), Folate: 26.39µg (6.6%), Selenium: 4.46µg (6.37%), Vitamin B5: 0.56mg (5.6%), Vitamin B12: 0.28µg (4.7%), Zinc: 0.56mg (3.76%)