



Dressed-Up Tomato Basil Soup

 Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



208 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 sprigs basil fresh
- 19 oz all natural tomato soup canned
- 2 bruschetta toasts

Equipment

- bowl
- sauce pan
- ladle

Directions

- In small saucepan, heat soup over medium heat, stirring occasionally, until thoroughly heated.
- Ladle soup into 2 soup bowls. Top each with bruschetta toast and basil sprig.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:13.89, Inflammation Score:-7, Nutrition Score:10.969130376435%

Flavonoids

Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 208.21kcal (10.41%), Fat: 1.7g (2.61%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 46.54g (15.51%), Net Carbohydrates: 43.05g (15.65%), Sugar: 22.67g (25.19%), Cholesterol: 0mg (0%), Sodium: 1052.92mg (45.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.99%), Potassium: 1519.48mg (43.41%), Vitamin C: 35.1mg (42.55%), Vitamin A: 1161.24IU (23.22%), Manganese: 0.39mg (19.73%), Vitamin K: 16.92µg (16.11%), Fiber: 3.49g (13.98%), Vitamin B6: 0.23mg (11.74%), Vitamin B3: 2.33mg (11.64%), Selenium: 8.09µg (11.55%), Magnesium: 38.98mg (9.75%), Iron: 1.65mg (9.18%), Phosphorus: 84.61mg (8.46%), Vitamin B1: 0.11mg (7.59%), Copper: 0.14mg (7.12%), Vitamin E: 0.93mg (6.21%), Calcium: 38.55mg (3.86%), Zinc: 0.5mg (3.34%), Vitamin B2: 0.04mg (2.47%)