



Easy Indian Tomato Soup (Saar)



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



119 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 leaves curry fresh
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic
- ☐ 2 tablespoons ghee (clarified butter)
- ☐ 1 teaspoon mustard seed
- ☐ 1 teaspoon paprika
- ☐ 4 servings salt to taste
- ☐ 4 large tomatoes ripe

- ☐ 0.5 cup water
- ☐ 1 cup water
- ☐ 2 teaspoons sugar white

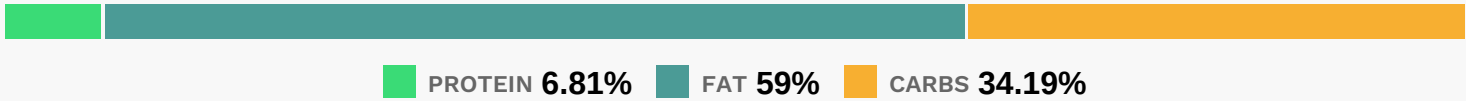
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ microwave

Directions

- ☐ Place the tomatoes and 1/2 cup water in a microwave-safe bowl, and cook on High 4 minutes in the microwave. Reserve the cooking water. Cool tomatoes slightly, peel, and discard skins. Process the tomatoes, reserved water, and garlic in a blender or food processor until smooth.
- ☐ Melt the ghee in a skillet over medium heat, and cook the mustard seed 1 minute. Stir in the curry leaves.
- ☐ Pour the processed tomatoes and garlic into the skillet. Stir in remaining 1 cup water.
- ☐ Mix in sugar, paprika, and salt. Bring to a boil, reduce heat to low, and mix in the cilantro. Continue cooking 5 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:47.52, Glycemic Load:3.43, Inflammation Score:-8, Nutrition Score:8.9252173123152%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 118.54kcal (5.93%), Fat: 8.38g (12.9%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 7.94g (2.89%), Sugar: 6.94g (7.71%), Cholesterol: 19.2mg (6.4%), Sodium: 209.06mg (9.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.18g (4.36%), Vitamin A: 1790.98IU (35.82%), Vitamin C: 25.68mg (31.13%), Manganese: 0.32mg (16.23%), Vitamin K: 16.96µg (16.15%), Potassium: 478.56mg (13.67%), Fiber: 2.99g (11.94%), Vitamin E: 1.5mg (10.02%), Vitamin B6: 0.2mg (9.77%), Folate: 31.24µg (7.81%), Copper: 0.15mg (7.37%), Magnesium: 28.81mg (7.2%), Iron: 1.14mg (6.34%), Vitamin B3: 1.23mg (6.16%), Phosphorus: 59.09mg (5.91%), Vitamin B1: 0.08mg (5.46%), Calcium: 34.16mg (3.42%), Zinc: 0.47mg (3.1%), Selenium: 2.08µg (2.97%), Vitamin B2: 0.05mg (2.9%), Vitamin B5: 0.19mg (1.91%)