



WHATSheATE



Fire-Roasted Tomato Basil Soup

 Dairy Free

READY IN



30 min.

SERVINGS



5

CALORIES



152 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup onion chopped
- ☐ 1 cup carrots chopped
- ☐ 29 oz canned tomatoes diced undrained canned
- ☐ 32 oz chicken broth (4 cups)
- ☐ 1 cup water
- ☐ 1 teaspoon hot sauce red
- ☐ 0.5 cup orzo pasta uncooked

☐ 1 teaspoon basil dried

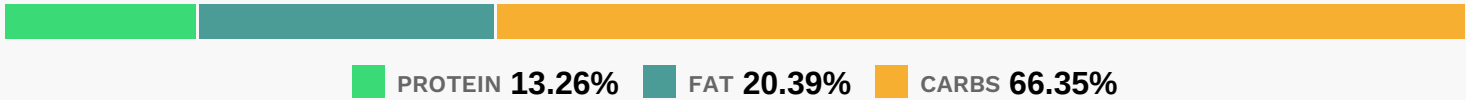
Equipment

☐ sauce pan

Directions

- ☐ In 4-quart saucepan, heat oil over medium heat.
- ☐ Add onion and carrots. Cook 2 to 3 minutes, stirring occasionally, until softened.
- ☐ Stir in tomatoes, broth, water and pepper sauce.
- ☐ Heat to boiling. Stir in pasta.
- ☐ Heat to boiling; reduce heat to medium. Cook uncovered 10 to 15 minutes, stirring occasionally, until pasta and carrots are tender.
- ☐ Stir in basil. Cook about 1 minute, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:5.98, Inflammation Score:-10, Nutrition Score:10.280000064684%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 152.25kcal (7.61%), Fat: 3.43g (5.28%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 22.05g (8.02%), Sugar: 7.56g (8.4%), Cholesterol: 3.63mg (1.21%), Sodium: 969.85mg (42.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.05%), Vitamin A: 4941.5IU (98.83%), Manganese: 0.32mg (15.94%), Selenium: 10.4µg (14.85%), Fiber: 3.08g (12.34%), Vitamin K: 11.97µg (11.4%), Vitamin C: 7.44mg (9.02%), Iron: 1.54mg (8.54%), Vitamin B2: 0.14mg (8.39%), Calcium: 81.51mg (8.15%), Potassium: 201.16mg (5.75%), Vitamin B1: 0.08mg (5.58%), Phosphorus: 54.48mg (5.45%), Copper: 0.11mg (5.33%), Vitamin B6: 0.1mg (4.95%), Vitamin B3: 0.95mg (4.76%), Magnesium: 17.97mg (4.49%), Folate: 14.31µg (3.58%), Vitamin E: 0.51mg (3.4%), Zinc: 0.47mg (3.16%), Vitamin B5: 0.19mg (1.93%)