



Fire Roasted Tomato Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



219 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 29 oz canned tomatoes diced fire roasted organic undrained canned
- ☐ 1.8 cups chicken broth reduced-sodium (from 32-oz carton)
- ☐ 2 tablespoons basil fresh italian chopped (flat-leaf)
- ☐ 1 teaspoon sugar
- ☐ 0.3 teaspoon pepper red crushed

☐ 0.5 cup whipping cream

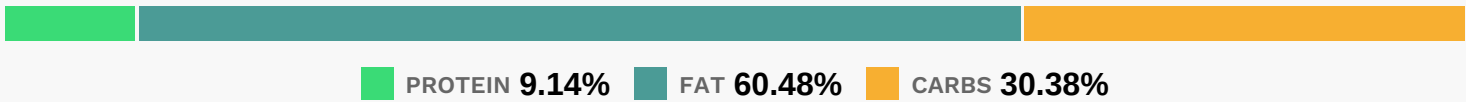
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In 3-quart saucepan, melt butter over medium heat.
- ☐ Add onion and garlic; cook 2 to 3 minutes, stirring constantly, until onion is crisp-tender.
- ☐ Stir in tomatoes, broth, 1 tablespoon of the basil, the sugar and pepper flakes.
- ☐ Heat to boiling. Reduce heat; cover and simmer 15 minutes.
- ☐ Remove from heat; pour mixture into large heatproof bowl; cool slightly, about 15 minutes.
- ☐ In blender, place half of the mixture. Cover; blend until pureed. Return to saucepan. Repeat with remaining mixture.
- ☐ Heat over medium heat until hot.
- ☐ Remove from heat. Stir in cream and remaining 1 tablespoon basil.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:1.67, Inflammation Score:-7, Nutrition Score:5.7508695747541%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 218.55kcal (10.93%), Fat: 14.93g (22.98%), Saturated Fat: 7.53g (47.07%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 14.52g (5.28%), Sugar: 8.47g (9.41%), Cholesterol: 33.62mg (11.21%), Sodium: 359.55mg (15.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.08g (10.15%), Vitamin A: 1350.21IU (27%), Calcium: 99.57mg (9.96%), Fiber: 2.35g (9.41%), Vitamin C: 7.49mg (9.08%), Iron: 1.54mg (8.55%), Vitamin B3: 1.51mg (7.57%), Vitamin K: 7.53µg (7.17%), Phosphorus: 63.06mg (6.31%), Vitamin B2: 0.1mg (5.97%), Vitamin E: 0.84mg (5.62%), Potassium: 186.91mg (5.34%), Vitamin B6: 0.09mg (4.58%), Manganese: 0.09mg (4.53%), Copper: 0.08mg (4.06%), Vitamin D: 0.48µg (3.17%), Vitamin B12: 0.15µg (2.51%), Folate: 9.55µg (2.39%), Magnesium: 8.32mg (2.08%), Selenium: 1.34µg (1.91%), Vitamin B1: 0.03mg (1.87%), Zinc: 0.27mg (1.82%), Vitamin B5: 0.14mg (1.37%)