



HEALTH SCORE

90%

Florentine Tomato Soup



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



5

CALORIES



62 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



14.5 ounce canned tomatoes diced canned



1 teaspoon chicken soup base



1 tablespoon basil fresh minced



10 ounce pkt spinach frozen thawed chopped



1 clove garlic minced



0.5 cup bell pepper green chopped



0.3 teaspoon ground pepper black



1 teaspoon olive oil

- ☐ 0.5 cup onion chopped
- ☐ 1.5 cups water

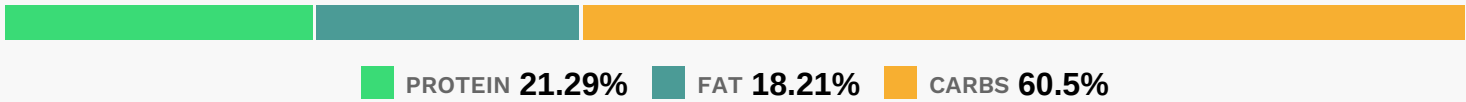
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, cook bell pepper, onion and garlic in oil until tender. Stir in tomatoes, water, basil, bouillon and black pepper. Bring to a boil, then reduce heat and simmer 10 minutes.
- ☐ Stir in spinach and cook 5 to 7 minutes more.

Nutrition Facts



Properties

Glycemic Index:41.4, Glycemic Load:2.13, Inflammation Score:-10, Nutrition Score:19.380869524148%

Flavonoids

Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

Nutrients (% of daily need)

Calories: 61.51kcal (3.08%), Fat: 1.46g (2.24%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 10.91g (3.64%), Net Carbohydrates: 7.14g (2.59%), Sugar: 5.1g (5.67%), Cholesterol: 0.05mg (0.02%), Sodium: 250.77mg (10.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.68%), Vitamin K: 218.76µg (208.34%), Vitamin A: 6902.45IU (138.05%), Manganese: 0.62mg (30.82%), Vitamin C: 24.11mg (29.22%), Folate: 97.87µg (24.47%), Vitamin E: 2.85mg (19.01%), Magnesium: 63.57mg (15.89%), Fiber: 3.78g (15.1%), Vitamin B6: 0.28mg (14.11%), Potassium: 492.66mg (14.08%), Copper: 0.26mg (13.21%), Iron: 2.27mg (12.59%), Calcium: 111.39mg (11.14%), Vitamin B2: 0.18mg (10.65%), Vitamin B1: 0.13mg (8.84%), Vitamin B3: 1.4mg (7%), Phosphorus: 63.67mg (6.37%), Selenium: 4.18µg (5.97%), Zinc: 0.6mg (4.03%), Vitamin B5: 0.32mg (3.24%)