

Fresh Tomato Soup



Gluten Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



297 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 1 can canned tomatoes diced drained
- ☐ 1 stalk celery
- ☐ 2 cups chicken stock see
- ☐ 6 servings basil fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 6 servings heavy cream

- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 10 turns of the pepper grinder
- ☐ 6 servings cheese shredded
- ☐ 1 tablespoon tomato paste
- ☐ 6 extra large tomatoes peeled chopped
- ☐ 1 cup vidalia sweet yellow chopped

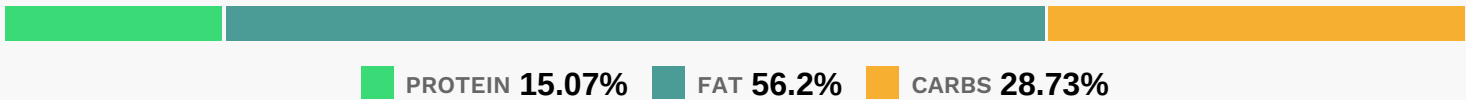
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Remove the skins of the tomato and chop, reserving any juices.
- ☐ Heat olive oil in a stock pot and add the onion and celery.
- ☐ Saute until tender, about 5 minutes.
- ☐ Add the garlic and cook another minute.
- ☐ Add the tomato paste; cook and stir 5 minutes.
- ☐ Add the chopped tomatoes with their juices, Rotel, chicken stock, brown sugar, salt and pepper. Bring to a boil, reduce heat, and simmer for at least 30 minutes, or longer. Use an immersion blender, food processor, or blender to puree, if desired.
- ☐ Add butter, stir until incorporated, taste and adjust seasonings as needed.
- ☐ Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:64.83, Glycemic Load:3.9, Inflammation Score:-9, Nutrition Score:15.959130307902%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg, Quercetin: 6.17mg

Nutrients (% of daily need)

Calories: 297.07kcal (14.85%), Fat: 19.31g (29.71%), Saturated Fat: 10.21g (63.83%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 18.29g (6.65%), Sugar: 13.69g (15.22%), Cholesterol: 51.5mg (17.17%), Sodium: 1224.96mg (53.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.65g (23.31%), Vitamin A: 1886.51IU (37.73%), Vitamin C: 26.84mg (32.53%), Manganese: 0.58mg (29.01%), Vitamin K: 29.77µg (28.35%), Calcium: 216.73mg (21.67%), Potassium: 733.73mg (20.96%), Phosphorus: 198.97mg (19.9%), Vitamin B6: 0.33mg (16.52%), Fiber: 3.92g (15.69%), Vitamin E: 2.35mg (15.68%), Vitamin B3: 3.06mg (15.28%), Copper: 0.3mg (15.18%), Vitamin B2: 0.26mg (15.1%), Magnesium: 46.45mg (11.61%), Selenium: 8.01µg (11.44%), Vitamin B12: 0.67µg (11.17%), Iron: 1.97mg (10.94%), Folate: 43.56µg (10.89%), Vitamin B1: 0.16mg (10.42%), Zinc: 1.49mg (9.9%), Vitamin B5: 0.47mg (4.74%), Vitamin D: 0.35µg (2.35%)