



WHATSheATE



Fresh-Tomato Soup Au Gratin



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



185 kcal

SIDE DISH

Ingredients

- ☐ 2 ounce diagonally bread french cut
- ☐ 1 garlic clove cut in half
- ☐ 2 cups milk 1% low-fat
- ☐ 0.3 cup onion finely chopped
- ☐ 1 Dash pepper black
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon stick margarine
- ☐ 2 ounces swiss cheese shredded reduced-fat reduced-sodium such as Alpine Lace

☐ 2.8 pounds tomatoes seeded chopped

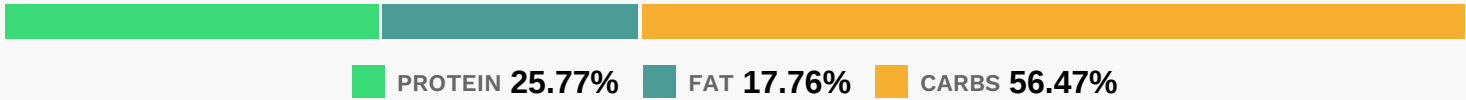
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ blender
- ☐ broiler

Directions

- ☐ To prepare soup, melt butter in a large saucepan over medium heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add tomato; cook, covered, over medium heat 10 minutes. Uncover; cook until mixture is reduced to 2 cups (about 25 minutes), stirring occasionally.
- ☐ Place the tomato mixture in a blender, and process until smooth.
- ☐ Combine the tomato mixture, milk, salt, and pepper in pan, and cook mixture over medium-low heat 2 minutes or until heated.
- ☐ Preheat broiler.
- ☐ To prepare croutons, rub cut sides of garlic over both sides of each bread slice; place bread on a baking sheet. Broil 30 seconds on each side or until toasted.
- ☐ Cut each slice in half crosswise.
- ☐ Place 1 cup soup in each of 4 ovenproof bowls; top each serving with 1 crouton and 2 tablespoons cheese. Broil 2 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:9.14, Inflammation Score:-9, Nutrition Score:19.845652144888%

Flavonoids

Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg, Quercetin: 3.85mg

Nutrients (% of daily need)

Calories: 184.84kcal (9.24%), Fat: 3.82g (5.87%), Saturated Fat: 1.51g (9.45%), Carbohydrates: 27.3g (9.1%), Net Carbohydrates: 23.06g (8.38%), Sugar: 15.33g (17.03%), Cholesterol: 10.86mg (3.62%), Sodium: 477.99mg (20.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.92%), Vitamin A: 2894.97IU (57.9%), Vitamin C: 43.7mg (52.97%), Calcium: 327.77mg (32.78%), Phosphorus: 301.39mg (30.14%), Potassium: 977.53mg (27.93%), Vitamin K: 25.02µg (23.83%), Manganese: 0.46mg (23.13%), Vitamin B2: 0.34mg (20%), Vitamin B1: 0.29mg (19.49%), Vitamin B6: 0.37mg (18.41%), Folate: 69.36µg (17.34%), Fiber: 4.25g (16.98%), Vitamin B12: 0.96µg (15.99%), Magnesium: 59.38mg (14.84%), Vitamin B3: 2.7mg (13.5%), Selenium: 8.49µg (12.13%), Vitamin E: 1.79mg (11.92%), Zinc: 1.76mg (11.76%), Copper: 0.22mg (10.86%), Vitamin D: 1.31µg (8.75%), Iron: 1.46mg (8.11%), Vitamin B5: 0.77mg (7.69%)