



HEALTH SCORE

65%

Fresh Tomato Soup With Grilled Cheese



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bow ties mini
- ☐ 4 servings basil fresh chopped for topping
- ☐ 1 clove garlic minced
- ☐ 2 slices ham low-sodium thin
- ☐ 1.5 tablespoons heavy cream
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 slices multigrain bread
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.5 cup part-skim mozzarella cheese shredded
- ☐ 4 scallions chopped
- ☐ 0.5 cup sharp cheddar cheese shredded
- ☐ 4.5 pounds tomatoes chopped quartered 4 pounds ,

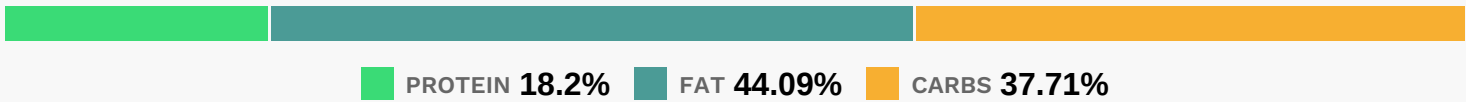
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Puree the quartered tomatoes in a blender.
- ☐ Heat 1 1/2 tablespoons olive oil in a pot over medium heat.
- ☐ Add the garlic and half of the scallions and cook, stirring, 2 minutes. Increase the heat to medium high; strain the pureed tomatoes through a mesh sieve into the pot. Stir in the chopped tomatoes, 1 cup water, the cream, 1/2 teaspoon salt and 1/4 teaspoon pepper. Bring to a simmer and cook until thickened, about 5 minutes.
- ☐ Add the pasta and cook until tender, about 10 minutes; season with salt and pepper. Toss the remaining scallions with the cheeses; divide half the mixture between 2 bread slices. Top each with a slice of ham, the remaining cheese mixture and the other 2 bread slices.
- ☐ Heat the remaining 1/2 tablespoon olive oil in a nonstick skillet over medium-low heat. Cook the sandwiches until the cheese melts, 3 minutes per side; cut in half. Ladle the soup into bowls; top with basil and serve with the sandwiches.
- ☐ Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:77.17, Glycemic Load:15.07, Inflammation Score:-10, Nutrition Score:32.530000085416%

Flavonoids

Naringenin: 3.47mg, Naringenin: 3.47mg, Naringenin: 3.47mg, Naringenin: 3.47mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 404.43kcal (20.22%), Fat: 20.58g (31.66%), Saturated Fat: 7.6g (47.49%), Carbohydrates: 39.59g (13.2%), Net Carbohydrates: 31.19g (11.34%), Sugar: 15.52g (17.24%), Cholesterol: 38.12mg (12.71%), Sodium: 694.76mg (30.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.11g (38.22%), Vitamin A: 4768.33IU (95.37%), Vitamin C: 72.79mg (88.23%), Vitamin K: 80.61µg (76.78%), Manganese: 1.31mg (65.42%), Potassium: 1406.27mg (40.18%), Phosphorus: 365.45mg (36.54%), Fiber: 8.4g (33.61%), Calcium: 326.01mg (32.6%), Selenium: 21.51µg (30.73%), Vitamin B6: 0.57mg (28.69%), Vitamin E: 4.23mg (28.22%), Vitamin B1: 0.41mg (27.05%), Folate: 103.59µg (25.9%), Vitamin B3: 5.14mg (25.68%), Magnesium: 95.63mg (23.91%), Copper: 0.43mg (21.32%), Zinc: 2.78mg (18.54%), Vitamin B2: 0.31mg (18.01%), Iron: 2.67mg (14.82%), Vitamin B5: 0.84mg (8.44%), Vitamin B12: 0.36µg (6.05%), Vitamin D: 0.31µg (2.1%)