

Funked Out Tomato Soup

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



3

CALORIES



150 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup chicken stock see
- 1 tablespoon garlic minced
- 1 teaspoon ground chicken bouillon
- 3 servings kosher salt
- 0.8 tablespoon olive oil extra-virgin
- 3 servings cracked pepper black
- 3 servings pepper flakes red
- 1 tablespoon sherry vinegar

- 4 large tomatoes sliced
- 1 vidalia onion sliced

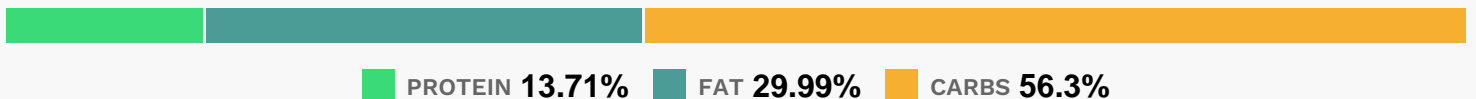
Equipment

- sauce pan
- pot
- blender

Directions

- Watch how to make this recipe.
- In a large saucepan over medium-high heat, add the olive oil.
- Stir in the onion, garlic, tomatoes, red pepper flakes, black pepper and salt, to taste. Simmer for 10 to 12 minutes.
- Add the chicken stock and chicken bouillon and cook for an additional 10 minutes. Stir in the sherry at the last minute and remove from the heat. Allow to cool before adding it to a blender. Puree until smooth and return to the pot, over low heat, to keep warm until ready to serve.

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:2.74, Inflammation Score:-9, Nutrition Score:15.104782674624%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg, Myricetin: 1.62mg Quercetin: 17.47mg, Quercetin: 17.47mg, Quercetin: 17.47mg, Quercetin: 17.47mg

Nutrients (% of daily need)

Calories: 149.61kcal (7.48%), Fat: 5.34g (8.21%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 17.87g (6.5%), Sugar: 13.36g (14.85%), Cholesterol: 2.4mg (0.8%), Sodium: 369.48mg (16.06%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.98%), Vitamin A: 2618.7IU (52.37%), Vitamin C: 39.57mg (47.97%), Potassium: 843.56mg (24.1%), Vitamin B6: 0.46mg (23.08%), Vitamin K: 24.09µg (22.94%), Manganese: 0.45mg (22.73%), Fiber: 4.68g (18.73%), Vitamin E: 2.63mg (17.51%), Folate: 66.45µg (16.61%), Vitamin B3: 3.1mg (15.52%), Copper: 0.28mg (13.91%), Phosphorus: 120.32mg (12.03%), Vitamin B1: 0.17mg (11.57%), Magnesium: 43.88mg (10.97%), Vitamin B2: 0.16mg (9.31%), Iron: 1.56mg (8.64%), Calcium: 61.16mg (6.12%), Zinc: 0.79mg (5.26%), Selenium: 3.11µg (4.45%), Vitamin B5: 0.36mg (3.59%)