



## Green Tomato Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



106 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.5 cup forest ham black thinly sliced chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 2 cloves garlic chopped
- ☐ 1 cup chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups scallions thinly sliced (from 1 bunch)
- ☐ 2 lb unripe tomatoes green chopped

- ☐ 1 turkish or
- ☐ 2 cups water

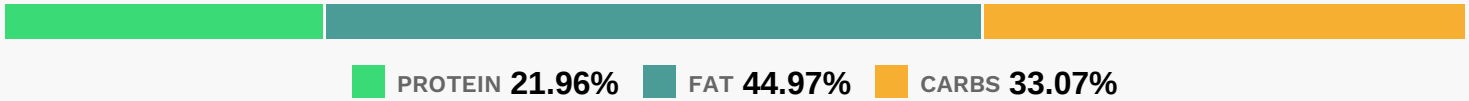
## Equipment

- ☐ sauce pan

## Directions

- ☐ Heat oil in a 3-quart heavy saucepan over moderate heat until hot but not smoking, then cook ham, stirring occasionally, until beginning to brown, 1 to 2 minutes.
- ☐ Add scallions, garlic, and bay leaf and cook, stirring occasionally, until scallions are tender and lightly browned, 6 to 8 minutes.
- ☐ Add tomatoes, broth, water, salt, and pepper and simmer, partially covered, until tomatoes are tender, 15 to 20 minutes. Discard bay leaf and season soup with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:2.03, Inflammation Score:-8, Nutrition Score:10.495652124934%

## Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

## Nutrients (% of daily need)

Calories: 105.61kcal (5.28%), Fat: 5.61g (8.64%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 6.78g (2.46%), Sugar: 5.32g (5.92%), Cholesterol: 10.65mg (3.55%), Sodium: 425.63mg (18.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.34%), Vitamin K: 66.66µg (63.48%), Vitamin C: 25.73mg (31.19%), Vitamin A: 1510.3IU (30.21%), Potassium: 522.79mg (14.94%), Manganese: 0.24mg (12.08%), Vitamin E: 1.63mg (10.85%), Fiber: 2.51g (10.04%), Folate: 38.75µg (9.69%), Vitamin B3: 1.58mg (7.88%), Vitamin B6: 0.15mg (7.65%), Copper: 0.15mg (7.35%), Iron: 1.17mg (6.5%), Phosphorus: 59.02mg (5.9%), Magnesium: 23.23mg (5.81%), Vitamin B1: 0.07mg (4.79%), Calcium: 39.54mg (3.95%), Vitamin B2: 0.06mg (3.64%), Zinc: 0.42mg (2.77%), Vitamin B5: 0.16mg (1.6%)