



Grill-Roasted Tomato Soup with Parmesan Croutons

READY IN



45 min.

SERVINGS



4

CALORIES



493 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices crusty baguette
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons basil fresh roughly chopped
- ☐ 10 medium garlic clove peeled
- ☐ 1 teaspoon granulated sugar
- ☐ 1 teaspoon kosher salt
- ☐ 4 cups chicken broth low-sodium
- ☐ 0.3 cup olive oil extra virgin extra-virgin

- ☐ 0.5 cup parmesan divided grated
- ☐ 2 pounds plum tomatoes firm ripe
- ☐ 1 onion red peeled quartered
- ☐ 0.3 cup thyme sprigs fresh packed
- ☐ 2 tablespoons butter unsalted softened

Equipment

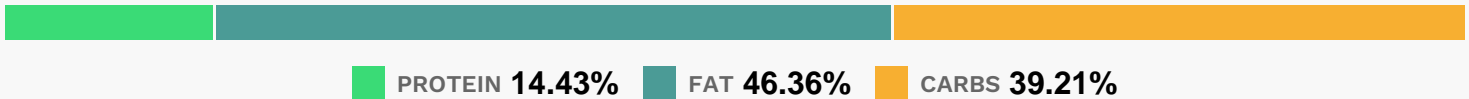
- ☐ bowl
- ☐ sauce pan
- ☐ ladle
- ☐ sieve
- ☐ blender
- ☐ grill
- ☐ broiler
- ☐ tongs
- ☐ grill pan

Directions

- ☐ Prepare the grill for direct cooking over low heat. Preheat a grill pan over direct low heat for about 10 minutes.
- ☐ In a medium bowl combine the tomatoes, onion, garlic, thyme, and oil and toss to coat. Using tongs arrange all the vegetables and herbs on the grill pan and cook over direct low heat, with the lid closed as much as possible, until the tomato skins wrinkle and start to brown, 20 to 25 minutes, turning occasionally.
- ☐ Transfer the tomatoes to a large saucepan. Continue to cook the onions, garlic, and thyme until the onions and garlic are lightly charred on all sides, 5 to 10 minutes.
- ☐ Add the onions and garlic to the saucepan. Discard the thyme.
- ☐ Add the chicken broth to the saucepan. Bring to a boil, reduce the heat, and simmer until the tomatoes collapse completely, 8 to 10 minutes.
- ☐ Transfer the soup to a blender and puree until very smooth.

- ☐ Pour the soup through a mesh strainer to remove all the tomato seeds and skin. Season with the sugar, salt, and pepper.
- ☐ If the grill has an infrared burner above the warming rack, preheat the burner on high, with the grill lid open. Butter one side of each slice of bread. Top each buttered side with about 1 teaspoon of cheese. Using tongs position the bread slices on the warming rack (toward the back) just in front of the burner. Cook, with the lid open, until the cheese melts and browns, about 2 minutes. Watch carefully so the cheese doesn't burn.
- ☐ Remove the croutons from the warming rack. If your grill does not have an infrared burner, toast the croutons under a broiler.
- ☐ Just before serving, reheat the soup, if necessary, and add the basil. Ladle the soup into bowls and float the croutons on top.
- ☐ Garnish with any remaining cheese.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:102.71, Glycemic Load:25.68, Inflammation Score:-10, Nutrition Score:23.693043340807%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 492.6kcal (24.63%), Fat: 26.15g (40.24%), Saturated Fat: 8.38g (52.37%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 44.6g (16.22%), Sugar: 11.62g (12.91%), Cholesterol: 23.55mg (7.85%), Sodium: 1263.05mg (54.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.62%), Vitamin C: 40.13mg (48.64%), Vitamin A: 2350.73IU (47.01%), Manganese: 0.81mg (40.62%), Vitamin B3: 7.67mg (38.35%), Vitamin B1: 0.49mg (32.75%), Vitamin K: 33.46µg (31.87%), Phosphorus: 297.85mg (29.78%), Calcium: 283.67mg (28.37%), Folate: 111.02µg (27.76%), Potassium: 926.91mg (26.48%), Vitamin E: 3.57mg (23.78%), Iron: 4.23mg (23.52%), Vitamin B2: 0.39mg (23.15%), Selenium: 15.12µg (21.59%), Vitamin B6: 0.42mg (21.06%), Fiber: 5.16g (20.65%), Copper: 0.39mg (19.66%), Magnesium: 59.8mg (14.95%), Zinc: 1.67mg (11.16%), Vitamin B12: 0.4µg (6.63%), Vitamin B5: 0.6mg

(6.04%), Vitamin D: 0.17µg (1.12%)