



Hearty Hot or Cold Roasted Tomato Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



226 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 tablespoon balsamic vinegar
- ☐ 1 quart chicken stock see
- ☐ 0.3 cup basil fresh chopped
- ☐ 4 cloves garlic
- ☐ 4 servings ground pepper black to taste
- ☐ 3 tablespoons olive oil
- ☐ 2 pounds roma tomatoes quartered plum
- ☐ 4 servings salt to taste

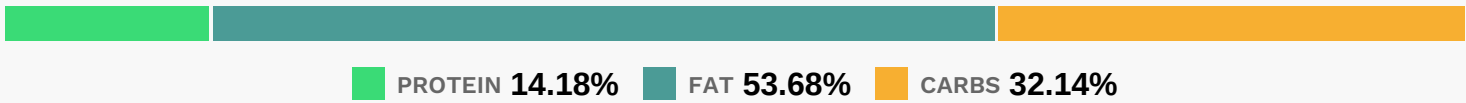
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking pan

Directions

- ☐ Place the tomato halves, cut side up, on a baking tray with the garlic cloves.
- ☐ Drizzle with the oil, and sprinkle with salt and pepper. Roast at 375 degrees F (195 degrees C) for 1 hour.
- ☐ Snip the ends off the garlic cloves, and squeeze the insides into the bowl of a food processor along with the entire contents of the baking tray.
- ☐ Add stock, basil, and vinegar; blend until smooth. Season to taste.
- ☐ Serve either hot or cold.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:2.79, Inflammation Score:-9, Nutrition Score:14.042608820874%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg 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: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 225.64kcal (11.28%), Fat: 13.82g (21.26%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 15.78g (5.74%), Sugar: 10.04g (11.15%), Cholesterol: 7.1mg (2.37%), Sodium: 544.71mg (23.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.22g (16.43%), Vitamin C: 32.75mg (39.7%), Vitamin A: 1976.25IU (39.53%), Vitamin K: 31.15µg (29.67%), Vitamin B3: 5.12mg (25.6%), Potassium: 806.09mg (23.03%), Vitamin E: 2.82mg (18.82%), Vitamin B6: 0.37mg (18.28%), Manganese: 0.34mg (17.09%), Vitamin B2: 0.25mg

(14.64%), Copper: 0.28mg (13.92%), Phosphorus: 124.28mg (12.43%), Folate: 46.98µg (11.74%), Vitamin B1: 0.17mg (11.56%), Fiber: 2.83g (11.34%), Magnesium: 36.54mg (9.13%), Selenium: 5.64µg (8.06%), Iron: 1.29mg (7.18%), Zinc: 0.77mg (5.11%), Calcium: 39.07mg (3.91%), Vitamin B5: 0.22mg (2.24%)