



Hearty Tomato Rice Soup

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



151 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 4 cubes beef bouillon from cube
- 1 pinch pepper black freshly ground to taste
- 14.5 ounce beef broth canned
- 1 teaspoon garlic minced
- 1 cup cheddar cheese shredded
- 0.3 cup tomato paste
- 1 quart water

0.5 cup rice long grain white uncooked

Equipment

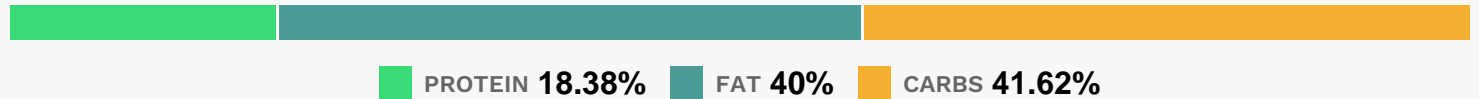
pot

Directions

In a pot over medium heat, mix the beef broth, water, tomato paste, garlic, and bay leaves. Stir in the beef bouillon until dissolved. Season with pepper. Bring to a boil, and mix in the rice. Reduce heat to low, cover, and cook 25 minutes, until rice is tender.

Remove bay leaves, and serve warm with a sprinkling of Cheddar cheese.

Nutrition Facts



Properties

Glycemic Index:32.53, Glycemic Load:8.56, Inflammation Score:-4, Nutrition Score:5.758260846138%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 150.92kcal (7.55%), Fat: 6.74g (10.36%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 14.95g (5.44%), Sugar: 1.86g (2.07%), Cholesterol: 18.83mg (6.28%), Sodium: 511.69mg (22.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Calcium: 152.97mg (15.3%), Selenium: 9µg (12.86%), Phosphorus: 126.15mg (12.61%), Manganese: 0.23mg (11.7%), Vitamin A: 412.88IU (8.26%), Vitamin B2: 0.13mg (7.56%), Zinc: 0.97mg (6.49%), Vitamin B3: 1.26mg (6.32%), Potassium: 220.66mg (6.3%), Copper: 0.12mg (6.02%), Vitamin E: 0.78mg (5.23%), Magnesium: 18.25mg (4.56%), Vitamin B6: 0.08mg (4.18%), Vitamin B12: 0.25µg (4.16%), Vitamin C: 3.36mg (4.07%), Iron: 0.73mg (4.07%), Fiber: 0.82g (3.28%), Vitamin B5: 0.27mg (2.72%), Folate: 8.44µg (2.11%), Vitamin K: 2.16µg (2.06%), Vitamin B1: 0.03mg (1.83%)