




Hearty Tomato Rice Soup


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

READY IN




40 min.

SERVINGS



6

CALORIES



130 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
- 0.3 cup tomato paste
- 1 quart water
- 0.5 cup rice long grain white uncooked

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Equipment

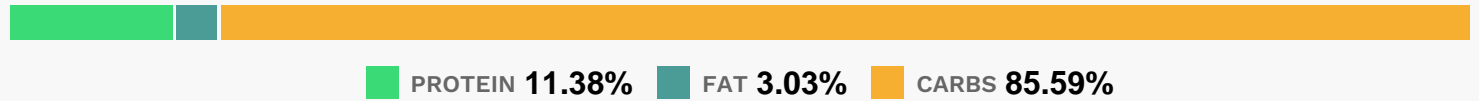
pot

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:38.23, Glycemic Load:15.86, Inflammation Score:-2, Nutrition Score:4.5400000162747%

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: 130.35kcal (6.52%), Fat: 0.43g (0.67%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 27.63g (9.21%), Net Carbohydrates: 26.61g (9.68%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 389.3mg (16.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.35%), Manganese: 0.4mg (19.99%), Selenium: 6µg (8.57%), Vitamin B3: 1.5mg (7.5%), Copper: 0.15mg (7.4%), Potassium: 223.89mg (6.4%), Phosphorus: 57.62mg (5.76%), Vitamin B6: 0.1mg (4.8%), Iron: 0.83mg (4.59%), Vitamin A: 224.17IU (4.48%), Vitamin E: 0.66mg (4.4%), Magnesium: 17.02mg (4.25%), Fiber: 1.02g (4.08%), Vitamin C: 3.36mg (4.07%), Vitamin B5: 0.35mg (3.51%), Vitamin B2: 0.05mg (3.12%), Zinc: 0.45mg (3.01%), Calcium: 24.13mg (2.41%), Vitamin B1: 0.03mg (2.18%), Vitamin K: 1.73µg (1.64%), Folate: 5.71µg (1.43%)