



## Hearty Tomato Soup with Lemon and Rosemary

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf
- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 28 ounce canned tomatoes crushed canned
- 15 ounce .5 can cannellini beans white drained and rinsed canned ()
- 2 carrots peeled chopped
- 3 cups chicken broth

- 0.7 cup crème fraîche
- 1 sprig rosemary fresh minced
- 2 cloves garlic chopped
- 1 lemon zest
- 1 onion peeled chopped
- 0.5 teaspoon pepper flakes red
- 0.8 teaspoon salt

## Equipment

- bowl
- ladle
- pot
- blender

## Directions

- In a large soup pot, melt the butter over medium-high heat.
- Add the onion, carrots, and garlic and cook until the vegetables are tender, about 4 minutes.
- Add the beans, tomatoes, broth, bay leaf, 1 teaspoon rosemary, and red pepper flakes. Bring the soup to a boil over high heat, then reduce the heat to low and simmer for 30 minutes, covered.
- Puree the soup in a blender in batches, being careful to remove and discard the bay leaf. Return the soup to a soup pot and keep warm over low heat. Season with salt and pepper.
- In a medium bowl fold in the lemon zest and the remaining teaspoon of rosemary to 2/3 cup creme fraiche. To serve, ladle the soup into bowls and dollop each bowl with the lemon rosemary creme fraiche.
- Serve immediately.

## Nutrition Facts



PROTEIN 14.97%  FAT 35.25%  CARBS 49.78%

## Properties

Glycemic Index:63.71, Glycemic Load:11.18, Inflammation Score:-10, Nutrition Score:25.935652193816%

## Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

## Nutrients (% of daily need)

Calories: 349.25kcal (17.46%), Fat: 14.51g (22.32%), Saturated Fat: 7.69g (48.04%), Carbohydrates: 46.09g (15.36%), Net Carbohydrates: 35.55g (12.93%), Sugar: 13.82g (15.35%), Cholesterol: 41.19mg (13.73%), Sodium: 1440.73mg (62.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.86g (27.72%), Vitamin A: 6018.47IU (120.37%), Manganese: 1.14mg (56.98%), Fiber: 10.55g (42.18%), Potassium: 1300.17mg (37.15%), Iron: 6.18mg (34.34%), Copper: 0.68mg (33.99%), Vitamin C: 24.86mg (30.13%), Folate: 108.85µg (27.21%), Magnesium: 107.52mg (26.88%), Vitamin E: 4.01mg (26.72%), Vitamin B6: 0.5mg (24.8%), Vitamin B1: 0.33mg (22.23%), Phosphorus: 220.42mg (22.04%), Calcium: 216.13mg (21.61%), Vitamin B2: 0.34mg (20.25%), Vitamin K: 19.5µg (18.57%), Vitamin B3: 3.35mg (16.75%), Zinc: 2.14mg (14.27%), Vitamin B5: 1.04mg (10.37%), Selenium: 5.54µg (7.92%), Vitamin B12: 0.13µg (2.13%)