



## Heirloom Nitro Tomato Soup

 Vegetarian

READY IN



65 min.

SERVINGS



8

CALORIES



588 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.3 cup carrots diced
- 0.3 cup celery diced
- 0.5 cup cilantro leaves finely chopped
- 0.8 cup flour all-purpose
- 2 tablespoons garlic cloves chopped
- 0.3 cup ground cumin
- 1 pint heavy cream
- 8 cups heirloom tomatoes diced seeded

- 5 jalapeño chiles seeded chopped
- 2 tablespoons kosher salt divided
- 8 servings olive oil as needed
- 0.5 cup onions diced
- 1 tablespoon freshly cracked pepper black divided
- 6 ounces butter unsalted

## Equipment

- bowl
- baking sheet
- oven
- dutch oven

## Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- Put the prepared vegetables and the garlic on a baking sheet and drizzle them with olive oil. Season them with 1 teaspoon salt and 1 teaspoon freshly cracked black pepper. Roast them until the vegetables have begun to brown, about 15 to 20 minutes.
- Remove them from the oven and set aside.
- Start preparing a roux in the Dutch oven by melting the butter over medium-high heat.
- Add the flour and stir constantly for 5 minutes. Immediately add the vegetable mixture and any extra juices to the roux. Stir until incorporated. Season with the cumin and remaining salt and pepper. Reduce the heat and simmer for 30 minutes.
- Stir the cilantro and cream into the vegetable mixture and warm it over low heat. Adjust the seasoning, if necessary.
- Transfer the soup to a serving bowl and enjoy! (Chefs Note: Do not return to a boil once the cream has been incorporated.)

## Nutrition Facts



■ PROTEIN 4.06% ■ FAT 80.93% ■ CARBS 15.01%

## Properties

Glycemic Index:43.73, Glycemic Load:8.85, Inflammation Score:-10, Nutrition Score:18.430435004442%

## Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg, Quercetin: 3.92mg

## Nutrients (% of daily need)

Calories: 588.22kcal (29.41%), Fat: 54.75g (84.24%), Saturated Fat: 26.66g (166.61%), Carbohydrates: 22.86g (7.62%), Net Carbohydrates: 19.14g (6.96%), Sugar: 6.91g (7.67%), Cholesterol: 112.55mg (37.52%), Sodium: 1789.7mg (77.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.35%), Vitamin A: 3584.57IU (71.69%), Vitamin C: 33.68mg (40.83%), Iron: 6.19mg (34.41%), Manganese: 0.67mg (33.29%), Vitamin K: 31.49µg (29.99%), Vitamin E: 4.5mg (29.97%), Potassium: 640.16mg (18.29%), Vitamin B1: 0.22mg (14.89%), Fiber: 3.72g (14.87%), Vitamin B2: 0.25mg (14.52%), Calcium: 144.4mg (14.44%), Magnesium: 55.82mg (13.96%), Phosphorus: 136.77mg (13.68%), Folate: 54.5µg (13.63%), Vitamin B6: 0.26mg (13.14%), Vitamin B3: 2.17mg (10.84%), Copper: 0.21mg (10.46%), Selenium: 6.78µg (9.69%), Vitamin D: 1.27µg (8.44%), Zinc: 0.94mg (6.24%), Vitamin B5: 0.44mg (4.45%), Vitamin B12: 0.13µg (2.18%)