



Heirloom Tomato Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 basil leaves fresh thinly sliced
- ☐ 5 pounds heirloom tomatoes cored ripe cut into 1/2-in. pieces
- ☐ 1 tsp kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons unseasoned rice vinegar

Equipment

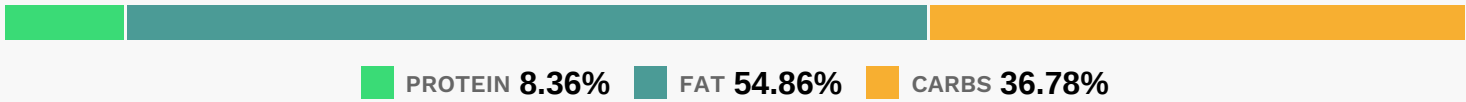
- ☐ bowl
- ☐ sieve

☐ blender

Directions

- ☐ Pure tomatoes in batches in a blender, adding 1 tsp. salt, 1/4 cup oil, and the vinegar to final batch.
- ☐ Strain pure through a fine-mesh strainer into a large bowl or pitcher. Season to taste with salt if you like.
- ☐ Serve chilled or at room temperature, garnished with a drizzle of oil and a sprinkle of basil.
- ☐ Make ahead: Up to 2 days, chilled.

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:3.87, Inflammation Score:-9, Nutrition Score:15.397826154919%

Flavonoids

Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg 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: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 148.71kcal (7.44%), Fat: 9.76g (15.02%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 10.18g (3.7%), Sugar: 9.95g (11.05%), Cholesterol: 0mg (0%), Sodium: 406.79mg (17.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Vitamin A: 3183.85IU (63.68%), Vitamin C: 51.91mg (62.92%), Vitamin K: 38.05µg (36.23%), Potassium: 898.09mg (25.66%), Vitamin E: 3.34mg (22.28%), Manganese: 0.44mg (22.12%), Fiber: 4.55g (18.19%), Vitamin B6: 0.3mg (15.17%), Folate: 57.15µg (14.29%), Copper: 0.23mg (11.31%), Vitamin B3: 2.25mg (11.26%), Magnesium: 42.07mg (10.52%), Vitamin B1: 0.14mg (9.34%), Phosphorus: 91.31mg (9.13%), Iron: 1.1mg (6.09%), Zinc: 0.65mg (4.33%), Vitamin B2: 0.07mg (4.25%), Calcium: 39.63mg (3.96%), Vitamin B5: 0.34mg (3.38%)