



Homemade Tomato Soup

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



279 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaf
- 2 tablespoons butter
- 14 ounce canned tomatoes chopped canned
- 1 small carrots diced
- 1 stalk celery diced
- 1 cup chicken broth
- 0.8 cup olive oil extra virgin
- 0.3 cup basil leaves fresh chopped

- 2 cloves garlic minced
- 0.5 cup heavy cream
- 4 servings salt and pepper black freshly ground
- 1 onion diced yellow

Equipment

- baking sheet
- sauce pan
- oven
- immersion blender

Directions

- Watch how to make this recipe.
- Preheat oven to 450 degrees F.
- Strain the chopped canned tomatoes, reserving the juices, and spread onto a baking sheet, season with salt and pepper, to taste, drizzle with 1/4 cup of the olive oil and roast until caramelized, about 15 minutes.
- Meanwhile, in a saucepan, heat remaining olive oil over medium-low heat.
- Add the celery, carrot, onion and garlic, cook until softened, about 10 minutes.
- Add the roasted chopped canned tomatoes, reserved tomato juices, chicken broth, bay leaf and butter. Simmer until vegetables are very tender, about 15 to 20 minutes.
- Add basil and cream, if using. Puree with a hand held immersion blender until smooth.

Nutrition Facts

  

 PROTEIN 4.87%  FAT 77.25%  CARBS 17.88%

Properties

Glycemic Index:81.46, Glycemic Load:3.21, Inflammation Score:-9, Nutrition Score:11.389130436856%

Flavonoids

Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg 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: 278.65kcal (13.93%), Fat: 25.01g (38.48%), Saturated Fat: 11.63g (72.68%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 10.07g (3.66%), Sugar: 7.4g (8.23%), Cholesterol: 49.84mg (16.61%), Sodium: 420.21mg (18.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Vitamin A: 3041.81IU (60.84%), Vitamin K: 22.68µg (21.6%), Vitamin E: 3mg (19.97%), Manganese: 0.33mg (16.48%), Vitamin C: 13.14mg (15.93%), Potassium: 449.37mg (12.84%), Vitamin B6: 0.24mg (11.94%), Fiber: 2.95g (11.8%), Copper: 0.23mg (11.26%), Vitamin B2: 0.17mg (9.88%), Iron: 1.62mg (8.98%), Vitamin B1: 0.12mg (7.98%), Vitamin B3: 1.58mg (7.88%), Calcium: 77.95mg (7.8%), Magnesium: 29.54mg (7.39%), Phosphorus: 71.1mg (7.11%), Folate: 26.63µg (6.66%), Vitamin B5: 0.47mg (4.71%), Zinc: 0.51mg (3.39%), Vitamin D: 0.48µg (3.17%), Selenium: 2.21µg (3.15%), Vitamin B12: 0.07µg (1.19%)