



Italian Tomato Soup

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups chicken stock see unsalted
- 1 cup ditalini pasta cooked
- 3 cups tomatoes
- 1 ounce pecorino cheese fresh shaved

Equipment

Directions

Bring marinara and chicken stock to a boil, and stir in pasta. Top the soup with shaved pecorino Romano cheese.

Nutrition Facts



PROTEIN 21.2% **FAT 20.64%** **CARBS 58.16%**

Properties

Glycemic Index:30.42, Glycemic Load:9.28, Inflammation Score:-6, Nutrition Score:11.793478286137%

Nutrients (% of daily need)

Calories: 181.09kcal (9.05%), Fat: 4.29g (6.6%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 23.7g (8.62%), Sugar: 8.72g (9.69%), Cholesterol: 10.97mg (3.66%), Sodium: 1128.04mg (49.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Selenium: 15.86µg (22.65%), Potassium: 696.31mg (19.89%), Vitamin B3: 3.89mg (19.45%), Vitamin E: 2.72mg (18.16%), Manganese: 0.33mg (16.66%), Vitamin A: 828.65IU (16.57%), Phosphorus: 160.24mg (16.02%), Copper: 0.32mg (16.01%), Vitamin C: 13.1mg (15.88%), Vitamin B2: 0.26mg (15.06%), Fiber: 3.51g (14.05%), Vitamin B6: 0.28mg (13.99%), Iron: 2.28mg (12.67%), Calcium: 107.67mg (10.77%), Magnesium: 42.83mg (10.71%), Folate: 25.97µg (6.49%), Vitamin B1: 0.1mg (6.47%), Zinc: 0.97mg (6.46%), Vitamin B5: 0.64mg (6.45%), Vitamin K: 5.54µg (5.28%), Vitamin B12: 0.08µg (1.32%)