



Italian Tomato Soup with Pesto-Cheese Toasts

READY IN



15 min.

SERVINGS



4

CALORIES



275 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup water
- 28 oz tomatoes diced italian with herbs, undrained organic canned
- 11.5 oz canned tomatoes canned
- 4 slices bread french italian
- 2 tablespoons basil pesto
- 2 tablespoons parmesan shredded

Equipment

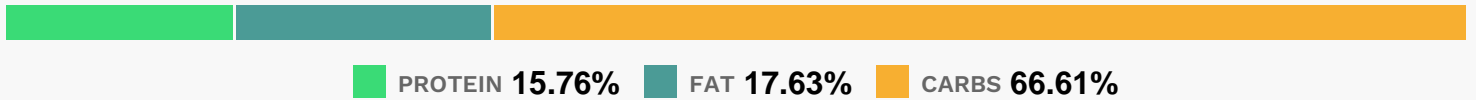
- bowl

- baking sheet
- sauce pan
- ladle
- oven

Directions

- In 3-quart saucepan, heat water, tomatoes and tomato juice to boiling.
- Set oven control to broil.
- Place bread on cookie sheet.
- Spread with pesto; sprinkle with cheese. Broil with tops 4 to 6 inches from heat 1 to 2 minutes or until edges of bread are golden brown.
- Into 4 soup bowls, ladle soup. Top each serving with bread slice.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:29.33, Inflammation Score:-9, Nutrition Score:19.952174086286%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 274.71kcal (13.74%), Fat: 5.59g (8.61%), Saturated Fat: 1.32g (8.23%), Carbohydrates: 47.56g (15.85%), Net Carbohydrates: 42.1g (15.31%), Sugar: 12.02g (13.36%), Cholesterol: 2.3mg (0.77%), Sodium: 615.92mg (26.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.25g (22.5%), Vitamin C: 34.69mg (42.04%), Vitamin A: 1999.02IU (39.98%), Vitamin B1: 0.59mg (39.33%), Manganese: 0.71mg (35.56%), Folate: 119.26µg (29.81%), Selenium: 19.36µg (27.65%), Vitamin B3: 5.27mg (26.33%), Iron: 4.16mg (23.12%), Potassium: 786.31mg (22.47%), Fiber: 5.46g (21.83%), Vitamin B2: 0.36mg (21.27%), Vitamin K: 20.49µg (19.51%), Copper: 0.37mg (18.69%), Vitamin B6: 0.35mg (17.59%), Phosphorus: 158.26mg (15.83%), Magnesium: 60.3mg (15.08%), Vitamin E: 2.23mg (14.87%), Calcium: 124.29mg (12.43%), Zinc: 1.3mg (8.65%), Vitamin B5: 0.63mg (6.28%)