



Italian Tomato Soup with Pesto-Cheese Toasts

READY IN



15 min.

SERVINGS



4

CALORIES



273 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

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

Equipment

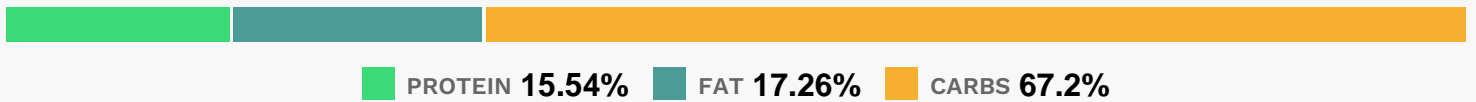
- bowl

- 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:36.38, Glycemic Load:27.3, Inflammation Score:-7, Nutrition Score:18.375652129883%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 272.72kcal (13.64%), Fat: 5.46g (8.39%), Saturated Fat: 1.3g (8.11%), Carbohydrates: 47.78g (15.93%), Net Carbohydrates: 42.72g (15.53%), Sugar: 11.53g (12.81%), Cholesterol: 2.3mg (0.77%), Sodium: 889.78mg (38.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.1%), Vitamin B1: 0.61mg (40.39%), Manganese: 0.64mg (31.89%), Vitamin C: 25.95mg (31.46%), Iron: 5.55mg (30.84%), Selenium: 19.55µg (27.93%), Vitamin B3: 5.5mg (27.5%), Folate: 105.37µg (26.34%), Vitamin B2: 0.43mg (25.48%), Vitamin B6: 0.41mg (20.66%), Fiber: 5.06g (20.24%), Potassium: 689.07mg (19.69%), Copper: 0.39mg (19.68%), Vitamin E: 2.51mg (16.72%), Calcium: 165.96mg (16.6%), Magnesium: 60.3mg (15.08%), Phosphorus: 148.34mg (14.83%), Vitamin A: 578.14IU (11.56%), Vitamin K: 10.57µg (10.06%), Zinc: 1.24mg (8.25%), Vitamin B5: 0.69mg (6.86%)