



Jersey Fresh Tomato Soup

 Popular

READY IN



120 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 cup carrots finely chopped
- ☐ 0.5 teaspoon celery salt
- ☐ 13.8 ounce chicken broth canned
- ☐ 2 teaspoons basil dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black

- ☐ 1 cup milk 2%
- ☐ 0.8 cup onion finely chopped
- ☐ 2 teaspoons sea salt
- ☐ 7 cups tomatoes peeled seeded chopped
- ☐ 1 tablespoon sugar white

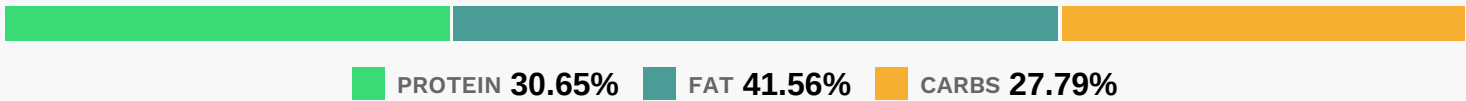
Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring the tomatoes, carrots, and onion to a boil over medium-high heat in a stockpot, then reduce heat to medium-low. Simmer for 30 minutes. Stir in the chicken broth, sugar, and salt.
- ☐ Melt the butter over medium-low heat in a small saucepan.
- ☐ Whisk in the flour, stirring until thick. Slowly whisk in the milk until smooth. Cook and stir, whisking constantly until thickened, about 5 minutes, then stir milk mixture in to the stockpot. Season with basil, celery salt, black pepper, and garlic powder. Continue to simmer the soup on low to reduce and thicken, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:85.98, Glycemic Load:9.54, Inflammation Score:-10, Nutrition Score:23.625217453293%

Flavonoids

Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg, Quercetin: 7.67mg

Nutrients (% of daily need)

Calories: 391.56kcal (19.58%), Fat: 18.3g (28.15%), Saturated Fat: 8.45g (52.82%), Carbohydrates: 27.54g (9.18%), Net Carbohydrates: 22.59g (8.21%), Sugar: 15.66g (17.4%), Cholesterol: 76.02mg (25.34%), Sodium: 2055.39mg (89.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.37g (60.73%), Vitamin A: 8018.72IU (160.37%), Vitamin C: 39.96mg (48.43%), Vitamin K: 37.04µg (35.27%), Selenium: 21.69µg (30.99%), Phosphorus: 297mg (29.7%), Potassium: 1023.49mg (29.24%), Manganese: 0.51mg (25.75%), Vitamin B6: 0.51mg (25.48%), Vitamin B3: 4.66mg (23.28%), Zinc: 3.39mg (22.58%), Vitamin B12: 1.31µg (21.75%), Fiber: 4.96g (19.82%), Vitamin B2: 0.32mg (18.91%), Folate: 68.08µg (17.02%), Magnesium: 66.14mg (16.54%), Iron: 2.9mg (16.13%), Vitamin E: 2.26mg (15.06%), Calcium: 144.73mg (14.47%), Vitamin B1: 0.2mg (13.37%), Copper: 0.26mg (12.82%), Vitamin B5: 0.61mg (6.12%)