



Low-Fat Cream of Tomato Soup

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 29 ounce tomatoes diced undrained canned
- 12 fluid ounce evaporated milk fat-free canned
- 0.1 teaspoon ground cloves
- 0.5 teaspoon ground pepper black
- 2 tablespoons onion chopped
- 2 teaspoons salt
- 1.5 tablespoons sugar white

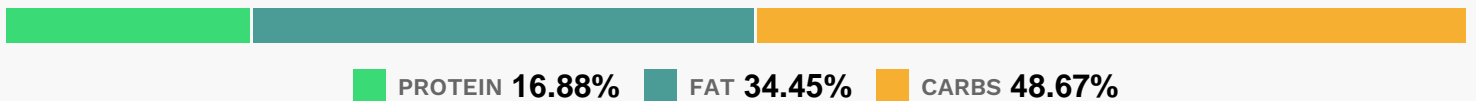
Equipment

- sauce pan
- pot
- blender
- kitchen towels

Directions

- Pour tomatoes with their juice into a saucepan, and mix in onion, sugar, salt, cloves, and black pepper; bring to a boil over medium heat, reduce heat to a simmer, and cook until the onion is tender, about 10 minutes.
- Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.
- Return blended soup to the saucepan, and stir in the evaporated milk.
- Place over low heat, and cook just until hot, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:32.27, Glycemic Load:3.28, Inflammation Score:-5, Nutrition Score:11.186086916405%

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 Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 174.82kcal (8.74%), Fat: 7.01g (10.78%), Saturated Fat: 4.12g (25.74%), Carbohydrates: 22.28g (7.43%), Net Carbohydrates: 20.05g (7.29%), Sugar: 18.5g (20.56%), Cholesterol: 25.73mg (8.58%), Sodium: 1551.15mg (67.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Calcium: 298.67mg (29.87%), Vitamin C: 21.17mg (25.66%), Vitamin B2: 0.4mg (23.3%), Phosphorus: 221.04mg (22.1%), Potassium: 666.79mg (19.05%), Vitamin B6:

0.28mg (13.97%), Iron: 2.22mg (12.31%), Manganese: 0.24mg (12.13%), Magnesium: 45.02mg (11.25%), Vitamin E: 1.55mg (10.32%), Vitamin B1: 0.14mg (9.12%), Vitamin A: 454.06IU (9.08%), Fiber: 2.22g (8.9%), Vitamin B3: 1.65mg (8.23%), Vitamin B5: 0.82mg (8.18%), Copper: 0.16mg (8.14%), Vitamin K: 7.01µg (6.68%), Zinc: 0.99mg (6.58%), Folate: 24.55µg (6.14%), Selenium: 2.32µg (3.31%), Vitamin B12: 0.14µg (2.37%)