100%
HEALTH SCORE

Michael Bulkowski's Tomato Soup and Zucchini-Bread Grilled Cheese

Vegetarian   Very Healthy

READY IN	SERVINGS	CALORIES
60 min.	2	2611 kcal

LUNCH   MAIN COURSE   MAIN DISH   DINNER

Ingredients

- [ ] 3 basil for garnishing the soup
- [ ] 1 tablespoon peppercorns whole black
- [ ] 1 inch bread
- [ ] 0.3 cup goat cheese fresh at room temperature (goat cheese)
- [ ] 3 cups apple cider vinegar
- [ ] 2 sticks cinnamon (4-inch)
- [ ] 1 tablespoon fennel seeds

- [ ] 2 medium garlic clove minced
- [ ] 0.5 cup granulated sugar
- [ ] 4 large heirloom tomatoes cored ripe
- [ ] 2 servings kosher salt
- [ ] 2 tablespoons olive oil
- [ ] 12 baby squash with blossoms attached, cut in half lengthwise
- [ ] 1 tablespoon allspice whole
- [ ] 0.3 medium onion yellow

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] sauce pan
- [ ] ladle
- [ ] oven
- [ ] blender
- [ ] kitchen towels
- [ ] tongs

Directions

- [ ] Place the allspice, fennel, and peppercorns in a medium saucepan over medium heat and toast, shaking the pan occasionally, until fragrant, about 3 minutes.

- [ ] Add the squash, vinegar, sugar, and salt and bring to a boil, stirring until the sugar and salt have dissolved.Using tongs, transfer the squash to a clean 1-quart jar with a tightfitting lid and top with the pickling liquid.

- [ ] Heat the oil in a medium saucepan over medium heat until shimmering.

- [ ] Add the onions and garlic and cook, stirring occasionally, until softened, about 3 to 5 minutes.

- [ ] Add the tomatoes and cinnamon sticks and bring to a boil. Reduce the heat to low and simmer until the tomatoes fall apart, about 20 minutes.

- [ ] Remove and discard the cinnamon sticks.Using a blender, purée the soup in batches until smooth, removing the small cap from the blender lid (the pour lid) and covering the space with a kitchen towel (this allows steam to escape and prevents the blender lid from popping off).

- [ ] Heat the oven to 300°F and arrange a rack in the middle.

- [ ] Place 2 slices of the bread on a work surface. Evenly spread half of the cheese on one slice and half on the other. Season with salt and top with the remaining 2 slices of bread to make 2 sandwiches.

- [ ] Heat the oil in a large, nonstick, oven-safe frying pan over medium-low heat until shimmering. Tilt the pan slightly so that the oil coats the bottom.

- [ ] Add the sandwiches and cook until the bottoms are golden brown, about 3 to 5 minutes. Flip and cook until the other sides are golden brown, about 3 to 5 minutes more.

- [ ] Place the pan in the oven and bake until the cheese has completely melted, about 8 to 10 minutes.

- [ ] Transfer the sandwiches to serving plates.To serve:Ladle the warm soup into bowls, tear the basil leaves, and sprinkle them on top of the soup.

- [ ] Serve with the sandwiches and the pickles on the side.

Nutrition Facts

PROTEIN **7.67%**   FAT **8.24%**   CARBS **84.09%**
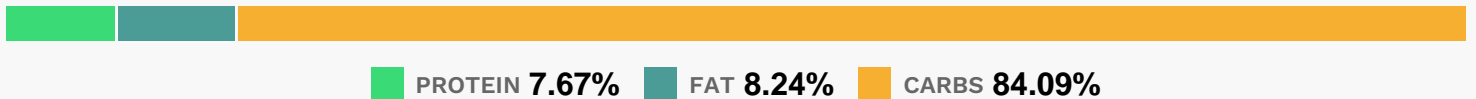
Properties

Glycemic Index:192.88, Glycemic Load:41.78, Inflammation Score:-10, Nutrition Score:80.531739281571%

Flavonoids

Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 2611.31kcal (130.57%), Fat: 26.42g (40.64%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 606.35g (202.12%), Net Carbohydrates: 506.55g (184.2%), Sugar: 160.96g (178.84%), Cholesterol: 13.05mg (4.35%), Sodium:

528.89mg (23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.3g (110.6%), Vitamin A: 481768.09IU (9635.36%), Vitamin C: 999.07mg (1210.99%), Manganese: 12.07mg (603.32%), Potassium: 17177.5mg (490.79%), Vitamin E: 68.98mg (459.85%), Magnesium: 1622.46mg (405.62%), Fiber: 99.8g (399.19%), Vitamin B6: 7.39mg (369.49%), Folate: 1279.52µg (319.88%), Vitamin B1: 4.69mg (312.95%), Vitamin B3: 56.78mg (283.91%), Calcium: 2389.46mg (238.95%), Iron: 35.57mg (197.6%), Copper: 3.84mg (192.15%), Vitamin B5: 18.65mg (186.46%), Phosphorus: 1712.94mg (171.29%), Vitamin K: 99.13µg (94.41%), Vitamin B2: 1.12mg (65.9%), Zinc: 8.12mg (54.17%), Selenium: 25.26µg (36.09%)