

  
HEALTH SCORE **100%**

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

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



**60 min.**

SERVINGS



**2**

CALORIES



**2533 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 basil for garnishing the soup
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- 1 tablespoon peppercorns whole black
- 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 7.12%**  **FAT 6.54%**  **CARBS 86.34%**

### Properties

Glycemic Index:198.55, Glycemic Load:41.46, Inflammation Score:-10, Nutrition Score:80.106521606445%

### 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: 2533.06kcal (126.65%), Fat: 20.38g (31.36%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 605.76g (201.92%), Net Carbohydrates: 506.01g (184%), Sugar: 160.63g (178.48%), Cholesterol: 0mg (0%), Sodium: 418.49mg (18.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.93g (99.86%), Vitamin A: 481506.59IU (9630.13%), Vitamin C: 999.17mg (1211.12%), Manganese: 12.03mg (601.49%), Potassium: 17170.1mg (490.57%),

Vitamin E: 68.93mg (459.53%), Magnesium: 1617.79mg (404.45%), Fiber: 99.76g (399.03%), Vitamin B6: 7.32mg (365.91%), Folate: 1275.44µg (318.86%), Vitamin B1: 4.67mg (311.29%), Vitamin B3: 56.6mg (282.98%), Calcium: 2349.21mg (234.92%), Iron: 35mg (194.46%), Vitamin B5: 18.44mg (184.44%), Copper: 3.64mg (181.79%), Phosphorus: 1638.99mg (163.9%), Vitamin K: 101.05µg (96.24%), Vitamin B2: 1.01mg (59.4%), Zinc: 7.86mg (52.37%), Selenium: 24.11µg (34.44%)