



Moroccan-Spiced Cold Tomato Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



90 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 ounce frangelico whole drained canned
- ☐ 14 fluid ounces chicken broth
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 teaspoon ground ginger
- ☐ 2 teaspoons honey

- ☐ 1 slices optional: lemon
- ☐ 0.5 teaspoon juice of lemon fresh to taste
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 1 teaspoon paprika

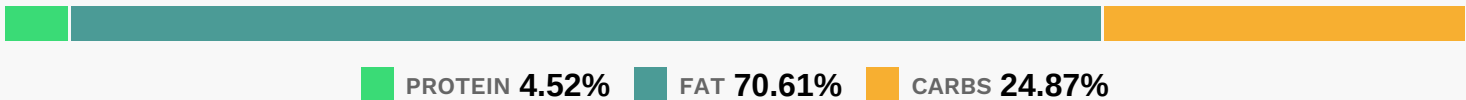
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Cook onion in oil with spices in a 3-quart heavy saucepan over moderate heat, stirring occasionally, until onion is softened and begins to brown, 4 to 5 minutes. Coarsely chop tomatoes and add to onion mixture with reserved juices, broth, honey, 1 tablespoon parsley, and 1 tablespoon cilantro, then bring to a boil.
- ☐ Transfer soup to a metal bowl set in a larger bowl of ice and cold water. Cool soup, stirring occasionally, until cold, 15 to 20 minutes. Stir in lemon juice and salt and pepper to taste, then stir in remaining parsley and cilantro.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:1.93, Inflammation Score:-6, Nutrition Score:4.1891304267489%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 89.75kcal (4.49%), Fat: 7.36g (11.32%), Saturated Fat: 1.01g (6.29%), Carbohydrates: 5.83g (1.94%), Net Carbohydrates: 5.13g (1.87%), Sugar: 4.2g (4.67%), Cholesterol: 2.07mg (0.69%), Sodium: 386.8mg (16.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.12%), Vitamin K: 38.15µg (36.34%), Vitamin A: 433.08IU (8.66%), Vitamin E: 1.23mg (8.19%), Manganese: 0.15mg (7.66%), Vitamin C: 5.22mg (6.32%), Vitamin B2: 0.08mg (4.51%), Iron: 0.53mg (2.92%), Fiber: 0.7g (2.79%), Vitamin B1: 0.04mg (2.33%), Potassium: 77.07mg (2.2%), Vitamin B6: 0.04mg (1.89%), Folate: 7.16µg (1.79%), Vitamin B3: 0.35mg (1.76%), Copper: 0.03mg (1.67%), Calcium: 15.54mg (1.55%), Magnesium: 5.77mg (1.44%), Phosphorus: 13.42mg (1.34%), Zinc: 0.17mg (1.12%)