



No Soup For You' French Tomato Soup

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



164 kcal

SOUP

Ingredients

- 6 servings pepper black freshly ground to taste
- 2 cups chicken broth
- 0.3 teaspoon cinnamon freshly ground
- 0.5 teaspoon basil dried
- 0.5 teaspoon thyme leaves dried
- 0.3 cup vermouth dry to taste
- 1 tablespoon basil fresh chopped
- 1 tablespoon thyme leaves fresh chopped

- 2 cloves garlic thinly sliced
- 4 ounce gorgonzola cheese crumbled
- 2 tablespoons olive oil extra-virgin as needed
- 1 large onion chopped
- 0.5 teaspoon oregano dried
- 1 tablespoon oregano fresh chopped
- 0.5 teaspoon salt
- 2 pounds tomatoes fresh peeled seeded chopped

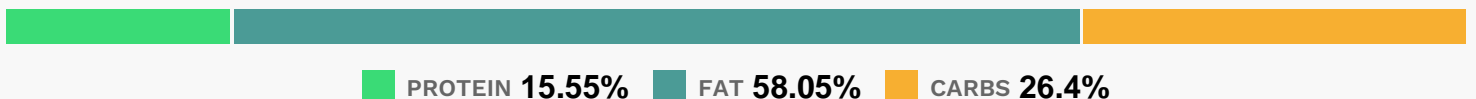
Equipment

- bowl
- ladle
- pot

Directions

- Heat olive oil in a soup pot over medium heat, stir in onion. Cook and stir until golden brown, about 12 minutes; season with salt, black pepper, dried basil, dried oregano, and dried thyme. Cook until dried herbs are fragrant, about 1 more minute, then mix in the tomatoes and vermouth. Bring to a boil, then stir in the chicken broth. Bring soup back to a boil, and reduce heat to a simmer.
- Mix in the fresh basil, oregano, thyme, and garlic. Cover pot, and cook until tomatoes are tender, about 20 minutes, stirring occasionally.
- Sprinkle cinnamon over the soup, and ladle into bowls; top each serving with a spoonful of crumbled Gorgonzola cheese.

Nutrition Facts



Properties

Glycemic Index:47.33, Glycemic Load:2.36, Inflammation Score:-10, Nutrition Score:11.106086933095%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg, Quercetin: 5.97mg

Nutrients (% of daily need)

Calories: 164.16kcal (8.21%), Fat: 10.67g (16.41%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 7.93g (2.88%), Sugar: 5.53g (6.14%), Cholesterol: 15.74mg (5.25%), Sodium: 711.08mg (30.92%), Alcohol: 0.95g (100%), Alcohol %: 0.41% (100%), Protein: 6.43g (12.86%), Vitamin C: 24.87mg (30.15%), Vitamin A: 1500.44IU (30.01%), Vitamin K: 25.97µg (24.74%), Manganese: 0.38mg (18.77%), Calcium: 151.77mg (15.18%), Potassium: 486.66mg (13.9%), Phosphorus: 124.85mg (12.49%), Fiber: 2.99g (11.94%), Vitamin E: 1.78mg (11.84%), Vitamin B6: 0.21mg (10.59%), Vitamin B2: 0.17mg (9.86%), Folate: 37.89µg (9.47%), Iron: 1.4mg (7.75%), Magnesium: 30.29mg (7.57%), Copper: 0.14mg (6.98%), Vitamin B3: 1.38mg (6.9%), Vitamin B1: 0.09mg (6.3%), Zinc: 0.93mg (6.22%), Vitamin B5: 0.52mg (5.22%), Selenium: 3.38µg (4.83%), Vitamin B12: 0.25µg (4.1%)