



Parmesan Basil Tomato Soup

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



193 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 0.5 teaspoon rosemary dried
- ☐ 10 leaves basil fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 0.3 cup onion finely chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1 tablespoon vegetable oil

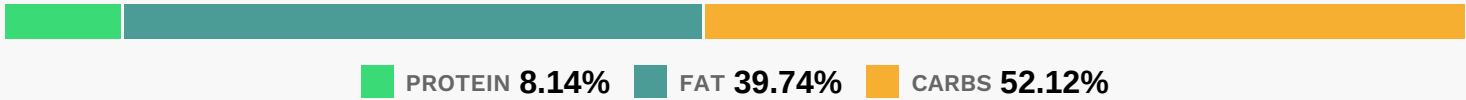
Equipment

☐ sauce pan

Directions

- ☐ Heat vegetable oil in a saucepan over medium-high heat; cook and stir onion and garlic until onion is tender, about 5 minutes. Stir in tomato soup and bring to a boil.
- ☐ Add Parmesan cheese, basil, and rosemary. Season with salt and black pepper. Reduce heat to low and simmer for 5 to 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:132.75, Glycemic Load:8.44, Inflammation Score:-6, Nutrition Score:8.7613043208485%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg, Quercetin: 4.3mg

Nutrients (% of daily need)

Calories: 192.88kcal (9.64%), Fat: 8.92g (13.72%), Saturated Fat: 2g (12.51%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 24.2g (8.8%), Sugar: 13.42g (14.91%), Cholesterol: 4.35mg (1.45%), Sodium: 663.16mg (28.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Vitamin K: 28.11µg (26.77%), Vitamin C: 22.07mg (26.75%), Potassium: 909.73mg (25.99%), Vitamin A: 774.31IU (15.49%), Manganese: 0.31mg (15.37%), Selenium: 6.65µg (9.5%), Vitamin B6: 0.18mg (9.11%), Phosphorus: 88.61mg (8.86%), Fiber: 2.12g (8.49%), Calcium: 76.51mg (7.65%), Vitamin E: 1.13mg (7.51%), Vitamin B3: 1.37mg (6.84%), Magnesium: 27.28mg (6.82%), Iron: 1.09mg (6.04%), Vitamin B1: 0.08mg (5.24%), Copper: 0.1mg (5.08%), Zinc: 0.56mg (3.76%), Vitamin B2: 0.05mg (2.9%), Folate: 5.94µg (1.48%), Vitamin B12: 0.07µg (1.13%)