



Quick and Spicy Tomato Soup

 Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 15 ounce .5 can cannellini beans drained and rinsed canned
- 2 carrots peeled chopped
- 28 ounce chicken broth canned
- 1 clove garlic minced
- 26 ounce tomatoes (recommended: San Marzano brand)
- 3 tablespoons olive oil
- 1 small onion chopped

- 0.5 cup pastina pasta (or any small pasta)
- 0.5 teaspoon pepper flakes (red)
- 0.5 teaspoon salt

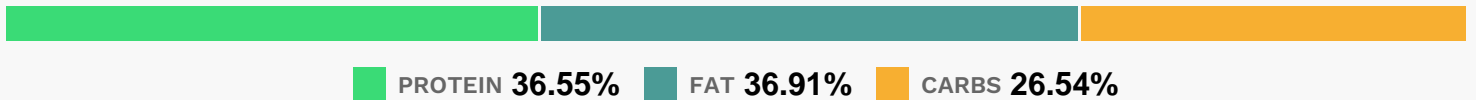
Equipment

- bowl
- ladle
- pot

Directions

- Watch how to make this recipe.
- Warm the olive oil in a large soup pot over medium-high heat.
- Add the carrots, onion, and garlic and saute until soft, about 2 minutes.
- Add the jar of marinara sauce, chicken broth, cannellini beans, red pepper flakes, pasta, salt and pepper. Simmer for 10 minutes. Ladle into bowls and serve.

Nutrition Facts



Properties

Glycemic Index:42.31, Glycemic Load:8.16, Inflammation Score:-10, Nutrition Score:22.890434550202%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 450.1kcal (22.5%), Fat: 18.46g (28.4%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 23.58g (8.58%), Sugar: 6.19g (6.88%), Cholesterol: 66.15mg (22.05%), Sodium: 1435.1mg (62.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.13g (82.26%), Vitamin A: 4213.59IU (84.27%), Selenium: 29.57µg (42.24%), Phosphorus: 321.56mg (32.16%), Manganese: 0.62mg (30.97%), Zinc: 4.53mg (30.17%),

Iron: 5.26mg (29.24%), Potassium: 989.87mg (28.28%), Vitamin E: 3.97mg (26.45%), Fiber: 6.28g (25.13%), Vitamin B6: 0.48mg (24.21%), Vitamin B3: 4.8mg (23.98%), Vitamin B12: 1.32µg (22.05%), Magnesium: 86.63mg (21.66%), Copper: 0.41mg (20.28%), Folate: 66.84µg (16.71%), Vitamin B2: 0.26mg (15.22%), Vitamin K: 15.95µg (15.19%), Vitamin C: 10.82mg (13.11%), Calcium: 100.29mg (10.03%), Vitamin B1: 0.12mg (8.16%), Vitamin B5: 0.61mg (6.09%)