



Quick Creamy Tomato Soup

READY IN



20 min.

SERVINGS



4

CALORIES



722 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 28 ounce canned tomatoes crushed canned
- ☐ 0.5 pound cheese to compliment your soup: provolone shredded
- ☐ 4 servings coarse salt and pepper black
- ☐ 4 slices top
- ☐ 20 leaves basil fresh for garnish cut into chiffonade,
- ☐ 2 cloves cracked garlic fresh
- ☐ 1 cup heavy cream
- ☐ 4 servings olive oil extra-virgin

☐

30 ounce vegetable stock/broth preferred brand: Kitchen Basics

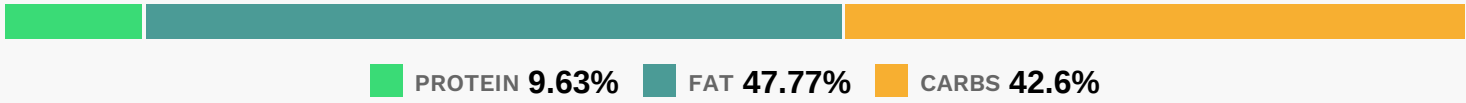
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ broiler
- ☐ toaster
- ☐ immersion blender

Directions

- ☐ Combine broth and tomatoes in a medium saucepan over moderate heat. When soup bubbles, stir in heavy cream and reduce heat to low. Season with a little salt and pepper and simmer gently 15 minutes, stirring occasionally. With an immersion blender, puree soup.
- ☐ Serve bowls of soup with basil chiffonade and floating Soup Toppers.
- ☐ Toast bread slices in your toaster until golden. Rub the toasted bread rounds with crushed garlic, if using. Arrange bread on cookie or baking sheet.
- ☐ Drizzle each slice with extra-virgin oil and top with a grind of black pepper and a layer of shredded cheese.
- ☐ Place under hot broiler to melt cheese until toppers are golden brown in color.

Nutrition Facts



Properties

Glycemic Index:75.63, Glycemic Load:40.23, Inflammation Score:-10, Nutrition Score:36.499130513357%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 722.48kcal (36.12%), Fat: 40.27g (61.96%), Saturated Fat: 17.07g (106.7%), Carbohydrates: 80.81g (26.94%), Net Carbohydrates: 70.71g (25.71%), Sugar: 31.61g (35.12%), Cholesterol: 69.5mg (23.17%), Sodium: 3311.11mg (143.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.27g (36.54%), Vitamin A: 4714.9IU (94.3%), Vitamin E: 11.25mg (75.02%), Potassium: 2414.83mg (69%), Vitamin C: 44.73mg (54.22%), Manganese: 1mg (50.11%), Iron: 8.67mg (48.17%), Vitamin B3: 9.26mg (46.31%), Selenium: 30.83µg (44.05%), Copper: 0.84mg (42.19%), Vitamin K: 43.97µg (41.87%), Vitamin B2: 0.69mg (40.73%), Fiber: 10.09g (40.38%), Vitamin B1: 0.59mg (39.29%), Magnesium: 110.14mg (27.54%), Vitamin B6: 0.54mg (27.04%), Phosphorus: 270.27mg (27.03%), Folate: 106.68µg (26.67%), Calcium: 169.98mg (17%), Zinc: 2.1mg (13.99%), Vitamin B5: 0.66mg (6.63%), Vitamin D: 0.95µg (6.35%), Vitamin B12: 0.1µg (1.59%)