

 **75%**
HEALTH SCORE

Quick Roasted Tomato Soup

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



559 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Handful basil leaves
- 0.5 bunch chives chopped
- 1 loaf crusty wheat-bread
- 1 head garlic cut in 1/2, skins on
- 2 cloves garlic minced
- 1 pint greek yogurt
- 2 jalapeños
- 0.5 cup milk

- 8 servings olive oil
- 8 servings olive oil extra-virgin
- 1 bunch half parsley
- 8 servings bell pepper
- 56 ounce plum tomatoes whole canned (recommended: San Marzano)
- 2 onions red quartered
- 1 tablespoon pepper flakes red
- 5 pounds roma tomatoes
- 8 servings salt
- 8 servings salt and pepper
- 1 bunch half thyme
- 8 servings water

Equipment

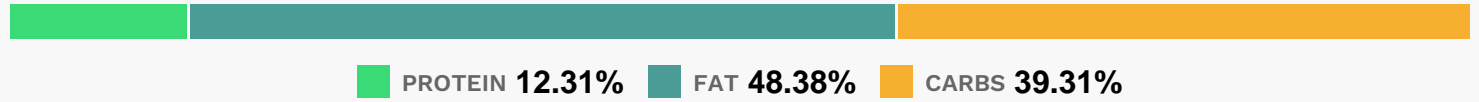
- bowl
- frying pan
- oven
- pot
- roasting pan

Directions

- In a big roasting pan combine everything, coat well with olive oil and roast in a preheated 400 degree F oven. Stir occasionally until everything is caramelized and black around the edges. Season with salt and pepper.
- Run everything through a food mill on a medium dye over a medium pot.
- If too thick, thin with water.
- Add milk right before service.
- Cut whole-wheat bread into cubes and place into a large bowl, add chopped garlic and red pepper flakes. Season with salt and pepper and toss with olive oil.

- Transfer to a sheet pan and place in the oven for 5 to 7 minutes, until golden brown.
- Mix 1 pint of Greek yogurt with chopped chives. Season with salt and pepper.
- Garnish the soup with croutons and yogurt.

Nutrition Facts



Properties

Glycemic Index:67.19, Glycemic Load:27.24, Inflammation Score:-10, Nutrition Score:38.404782797979%

Flavonoids

Naringenin: 3.28mg, Naringenin: 3.28mg, Naringenin: 3.28mg, Naringenin: 3.28mg Apigenin: 15.39mg, Apigenin: 15.39mg, Apigenin: 15.39mg, Apigenin: 15.39mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg, Quercetin: 8.83mg

Nutrients (% of daily need)

Calories: 559.24kcal (27.96%), Fat: 31.38g (48.27%), Saturated Fat: 4.71g (29.44%), Carbohydrates: 57.35g (19.12%), Net Carbohydrates: 47.58g (17.3%), Sugar: 22.27g (24.75%), Cholesterol: 4.79mg (1.6%), Sodium: 777.51mg (33.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.97g (35.93%), Vitamin C: 179.37mg (217.42%), Vitamin K: 179.28µg (170.75%), Vitamin A: 7357.44IU (147.15%), Vitamin E: 8.5mg (56.68%), Manganese: 1.05mg (52.63%), Folate: 190.27µg (47.57%), Potassium: 1593.9mg (45.54%), Vitamin B1: 0.63mg (41.79%), Vitamin B6: 0.83mg (41.66%), Fiber: 9.77g (39.06%), Vitamin B2: 0.59mg (34.67%), Vitamin B3: 6.47mg (32.36%), Selenium: 21.49µg (30.7%), Phosphorus: 306.71mg (30.67%), Iron: 4.63mg (25.73%), Magnesium: 99.12mg (24.78%), Copper: 0.47mg (23.56%), Calcium: 201.71mg (20.17%), Zinc: 2.16mg (14.39%), Vitamin B5: 1.2mg (11.96%), Vitamin B12: 0.5µg (8.27%), Vitamin D: 0.17µg (1.12%)