



Quick Spicy Tomato Soup



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



118 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce olives black drained chopped canned
- ☐ 10 ounce canned tomatoes diced with green chile peppers canned
- ☐ 1 quart chicken stock see
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 0.3 tablespoon garlic powder
- ☐ 1 onion sliced into rings
- ☐ 1 teaspoon pepper sauce hot
- ☐ 1 bell pepper red cut into 1 inch pieces

☐ 8 servings salt and pepper to taste

Equipment

☐ bowl

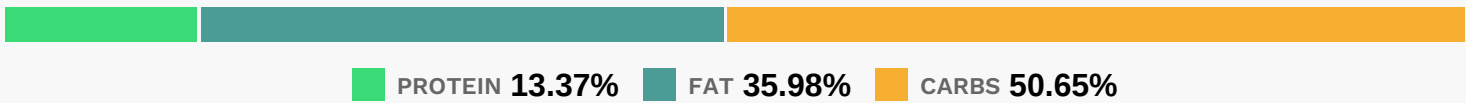
☐ ladle

☐ pot

Directions

- ☐ In a large stock pot, cook and stir red bell pepper strips and onion slices in a little oil until soft but not brown.
- ☐ Stir in chicken stock and about 1/2 can condensed cream of tomato soup, stewed tomatoes with chilies, olives, salt, pepper, garlic powder, parsley, and hot pepper sauce if desired.
- ☐ Heat through. Ladle hot soup into bowls over broken tortilla chips.
- ☐ Serve with shredded cheese and dollops of sour cream.

Nutrition Facts



Properties

Glycemic Index:12.56, Glycemic Load:2.44, Inflammation Score:-6, Nutrition Score:6.7695651650429%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 118.38kcal (5.92%), Fat: 4.9g (7.54%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 12.67g (4.61%), Sugar: 7.52g (8.35%), Cholesterol: 3.55mg (1.18%), Sodium: 970.77mg (42.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.1g (8.2%), Vitamin C: 29.84mg (36.17%), Vitamin A: 703.26IU (14.07%), Vitamin B3: 2.41mg (12.06%), Potassium: 402.43mg (11.5%), Fiber: 2.86g (11.44%), Vitamin B6: 0.18mg (8.81%), Vitamin E: 1.22mg (8.1%), Vitamin B2: 0.12mg (7.35%), Copper: 0.12mg (5.9%), Selenium: 4.08µg (5.83%), Phosphorus: 53.54mg (5.35%), Vitamin B1: 0.08mg (5.17%), Manganese: 0.09mg (4.51%), Folate: 16.16µg (4.04%), Magnesium: 15.79mg (3.95%), Iron: 0.69mg (3.82%), Vitamin K: 2.55µg (2.43%), Calcium: 24.12mg (2.41%), Zinc: 0.31mg (2.08%)