



Rainy-Day Tomato Soup

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



837 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 loaf day-old bread
- ☐ 0.5 cup butter melted
- ☐ 28 oz canned tomatoes crushed canned
- ☐ 0.5 cup carrots peeled cut into 2-inch sticks
- ☐ 1 cup celery chopped
- ☐ 2 teaspoons basil dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3 tablespoons garlic chopped

- ☐ 1 tablespoon penzey's southwest seasoning italian
- ☐ 2 tablespoons olive oil
- ☐ 1 onion thinly sliced
- ☐ 2.5 cups vegetable broth

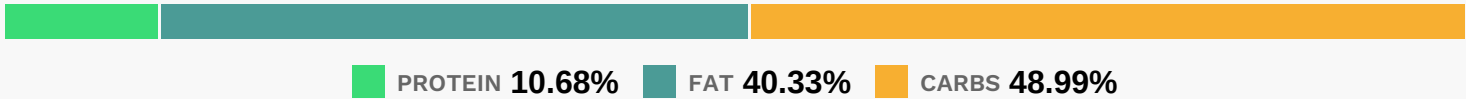
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oil in a Dutch oven over medium heat; add onion and garlic and saut until onion is translucent.
- ☐ Add celery and carrot; cook 5 more minutes.
- ☐ Add remaining ingredients and bring to a boil. Reduce heat; cover and simmer 1 1/2 hours or until thickened. Ladle soup into 4 bowls; top each serving evenly with Italian Croutons.
- ☐ Cube bread and place in a large plastic zipping bag; set aside.
- ☐ Combine butter and seasoning; pour over bread.
- ☐ Mix well; arrange bread cubes on an ungreased baking sheet.
- ☐ Bake at 425 for 10 minutes; turn bread cubes and bake 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:83.13, Glycemic Load:50.06, Inflammation Score:-10, Nutrition Score:40.130000106666%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 837.18kcal (41.86%), Fat: 38.5g (59.23%), Saturated Fat: 16.88g (105.53%), Carbohydrates: 105.21g (35.07%), Net Carbohydrates: 92.38g (33.59%), Sugar: 22.12g (24.58%), Cholesterol: 61.01mg (20.34%), Sodium: 1870.33mg (81.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.89%), Manganese: 2.71mg (135.26%), Vitamin A: 4273.9IU (85.48%), Selenium: 51.62µg (73.75%), Vitamin B3: 12.35mg (61.73%), Vitamin B1: 0.89mg (59.56%), Iron: 10.22mg (56.78%), Vitamin K: 55.4µg (52.76%), Fiber: 12.83g (51.31%), Folate: 193.88µg (48.47%), Calcium: 355.3mg (35.53%), Vitamin B2: 0.59mg (34.85%), Copper: 0.68mg (34%), Vitamin E: 4.95mg (33.03%), Vitamin B6: 0.66mg (32.83%), Phosphorus: 322.15mg (32.22%), Magnesium: 126.38mg (31.6%), Potassium: 1040.02mg (29.71%), Vitamin C: 24.39mg (29.56%), Vitamin B5: 2.17mg (21.68%), Zinc: 2.6mg (17.34%)