

 57%
HEALTH SCORE

Rich tomato soup with pesto



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



201 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 2 garlic cloves crushed
- ☐ 5 sunblush tomatoes soft roughly chopped in oil
- ☐ 1200 g plum tomatoes canned
- ☐ 500 ml vegetable stock
- ☐ 1 tsp sugar to taste
- ☐ 142 ml pot soured cream
- ☐ 125 g pot basil pesto fresh

☐ 1 leaves basil to serve

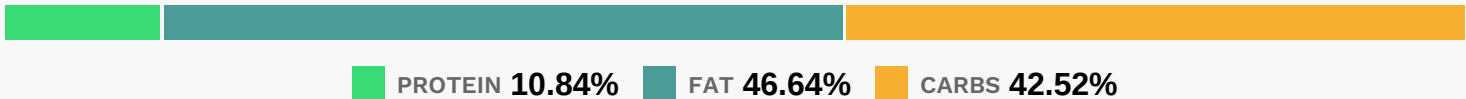
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender

Directions

- ☐ Heat the butter or oil in a large pan, then add the garlic and soften for a few mins over a low heat.
- ☐ Add the sun-dried or SunBlush tomatoes, canned tomatoes, stock, sugar and seasoning, then bring to a simmer.
- ☐ Let the soup bubble for 10 mins until the tomatoes have broken down a little.
- ☐ Whizz with a stick blender, adding half the pot of soured cream as you go. Taste and adjust the seasoning add more sugar if you need to.
- ☐ Serve in bowls with 1 tbsp or so of the pesto swirled on top, a little more soured cream and scatter with basil leaves.

Nutrition Facts



Properties

Glycemic Index:90.27, Glycemic Load:6.46, Inflammation Score:-10, Nutrition Score:25.641739015994%

Flavonoids

Naringenin: 3.09mg, Naringenin: 3.09mg, Naringenin: 3.09mg, Naringenin: 3.09mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 200.65kcal (10.03%), Fat: 11.31g (17.41%), Saturated Fat: 4.11g (25.69%), Carbohydrates: 23.21g (7.74%), Net Carbohydrates: 17.23g (6.27%), Sugar: 15.32g (17.03%), Cholesterol: 20.36mg (6.79%), Sodium: 531.62mg (23.11%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Vitamin K: 168.7µg (160.67%), Vitamin A: 5914.37IU (118.29%), Vitamin C: 68.59mg (83.14%), Manganese: 0.91mg (45.32%), Potassium: 1217.15mg (34.78%), Fiber: 5.98g (23.91%), Folate: 91.51µg (22.88%), Vitamin E: 3.34mg (22.25%), Vitamin B6: 0.44mg (22.22%), Copper: 0.4mg (19.96%), Magnesium: 73.82mg (18.45%), Phosphorus: 154.99mg (15.5%), Vitamin B3: 3.02mg (15.1%), Calcium: 138.53mg (13.85%), Iron: 2.29mg (12.72%), Vitamin B1: 0.19mg (12.56%), Vitamin B2: 0.17mg (9.99%), Zinc: 1.16mg (7.71%), Vitamin B5: 0.59mg (5.94%), Selenium: 1.59µg (2.27%), Vitamin B12: 0.07µg (1.21%)