



HEALTH SCORE

59%

Roasted Carrot and Tomato Soup with Basil



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



137 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound carrots peeled cut into 1/2-inch-thick rounds
- ☐ 0.5 cup basil fresh thinly sliced
- ☐ 2 garlic cloves unpeeled
- ☐ 2.8 cups milk 1% low-fat ()
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion thinly sliced
- ☐ 2 pounds plum tomatoes halved lengthwise
- ☐ 2.5 cups water

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 400°F. Spray large rimmed baking sheet with nonstick spray. Arrange onion, tomatoes, carrots and garlic cloves on prepared baking sheet.
- ☐ Drizzle with oil.
- ☐ Sprinkle with salt and pepper. Roast until vegetables are tender and brown, turning occasionally, about 55 minutes. Cool slightly. Peel garlic cloves.
- ☐ Transfer vegetables to large bowl (do not clean baking sheet).
- ☐ Add 1 cup water to baking sheet, scraping up browned bits; add to blender, then add half of vegetables and puree until smooth.
- ☐ Transfer to large saucepan.
- ☐ Add remaining vegetables and 1 1/2 cups water to blender and puree.
- ☐ Transfer to same saucepan. Gradually add enough milk to soup to thin to desired consistency. Stir in 1/4 cup basil. Simmer 10 minutes to blend flavors. Season with salt and pepper. (Can be made 6 hours ahead. Cover; chill. Bring to simmer before continuing.)
- ☐ Ladle soup into bowls.
- ☐ Sprinkle with remaining 1/4 cup basil and serve.
- ☐ per serving: calories, 139; total fat, 3 g;saturated fat, 1 g; cholesterol, 5 mg
- ☐ Self

Nutrition Facts



 **PROTEIN 16.78%**  **FAT 24.1%**  **CARBS 59.12%**

Properties

Glycemic Index:35.31, Glycemic Load:4.57, Inflammation Score:-10, Nutrition Score:17.163478260455%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg, Quercetin: 6.13mg

Nutrients (% of daily need)

Calories: 137.3kcal (6.86%), Fat: 3.89g (5.98%), Saturated Fat: 1.02g (6.34%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 17.05g (6.2%), Sugar: 14g (15.56%), Cholesterol: 5.41mg (1.8%), Sodium: 108.13mg (4.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Vitamin A: 14207.09IU (284.14%), Vitamin C: 27.7mg (33.57%), Vitamin K: 31.85µg (30.34%), Potassium: 818.67mg (23.39%), Calcium: 190.44mg (19.04%), Phosphorus: 184.06mg (18.41%), Manganese: 0.36mg (17.78%), Fiber: 4.41g (17.64%), Vitamin B6: 0.34mg (16.78%), Vitamin B2: 0.23mg (13.73%), Vitamin B1: 0.18mg (12.11%), Folate: 45.35µg (11.34%), Vitamin E: 1.69mg (11.3%), Vitamin B12: 0.66µg (11%), Magnesium: 43.7mg (10.92%), Vitamin B3: 1.82mg (9.09%), Copper: 0.16mg (8.03%), Vitamin D: 1.19µg (7.93%), Vitamin B5: 0.77mg (7.72%), Zinc: 0.98mg (6.56%), Iron: 0.78mg (4.34%), Selenium: 2.62µg (3.74%)