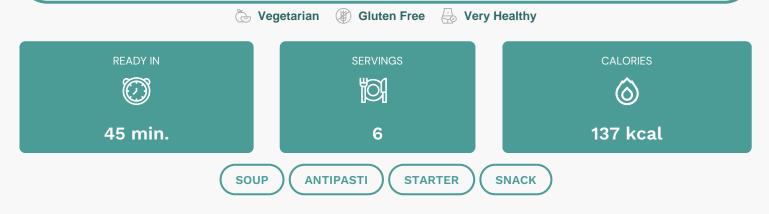


Roasted Carrot and Tomato Soup with Basil



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 11/2 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

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, Kaempferol: 0.48mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, 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: 0g (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%)