



Roasted Garden Tomato Basil Soup



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



175 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 stalks celery chopped
- ☐ 3 cups chicken broth
- ☐ 0.5 teaspoon curry powder
- ☐ 1 cup basil fresh chopped
- ☐ 3 sprigs thyme leaves fresh chopped
- ☐ 2 cloves garlic chopped
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 1 cup heavy whipping cream

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 1 teaspoon pepper flakes red
- ☐ 1 teaspoon paprika smoked
- ☐ 8 tomatoes cut into 8 wedges
- ☐ 1 zucchini chopped

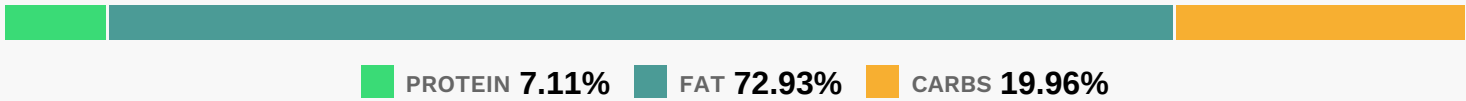
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Arrange tomatoes on a baking sheet; drizzle with 2 tablespoons olive oil.
- ☐ Add garlic and 3 sprigs chopped thyme; toss. Season with salt and black pepper.
- ☐ Bake in preheated oven until very tender and browned, about 2 hours.
- ☐ Heat remaining 2 tablespoons olive oil in a Dutch oven or heavy pot over medium heat; cook and stir onion, celery, and zucchini until tender, about 5 minutes. Stir in red pepper flakes, paprika, and curry powder. Season with salt and black pepper and add remaining 3 sprigs chopped thyme. Stir in roasted tomatoes along with any liquid from the baking sheet. Cook and stir for 5 more minutes; pour chicken broth into tomato mixture. Simmer for 20 minutes.
- ☐ Blend with an emersion blender until desired consistency. Stir in cream and basil before serving.

Nutrition Facts



Properties

Glycemic Index:38.63, Glycemic Load:1.79, Inflammation Score:-9, Nutrition Score:10.169565278551%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 174.84kcal (8.74%), Fat: 14.9g (22.92%), Saturated Fat: 7.42g (46.38%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 6.7g (2.44%), Sugar: 5.88g (6.53%), Cholesterol: 35.38mg (11.79%), Sodium: 356.34mg (15.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.53%), Vitamin A: 1933.03IU (38.66%), Vitamin C: 24.14mg (29.25%), Vitamin K: 30.03µg (28.6%), Manganese: 0.33mg (16.61%), Potassium: 473.66mg (13.53%), Vitamin E: 1.76mg (11.72%), Vitamin B2: 0.17mg (10.27%), Vitamin B6: 0.2mg (10.01%), Fiber: 2.47g (9.89%), Folate: 34.37µg (8.59%), Phosphorus: 71.35mg (7.14%), Magnesium: 27.39mg (6.85%), Copper: 0.13mg (6.67%), Vitamin B1: 0.09mg (6.27%), Vitamin B3: 1.2mg (6%), Calcium: 57.2mg (5.72%), Iron: 0.9mg (4.99%), Zinc: 0.52mg (3.5%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.31mg (3.07%), Selenium: 1.61µg (2.3%), Vitamin B12: 0.07µg (1.09%)