



Roasted Garlic-and-Basil Tomato Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon balsamic vinegar
- ☐ 14.5 ounce canned tomatoes italian-style undrained canned
- ☐ 1.5 cups chicken broth divided
- ☐ 1.5 tablespoons basil fresh minced
- ☐ 3 large garlic cloves
- ☐ 1 pinch ground pepper red
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon olive oil

- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 3 ounce shallots peeled halved

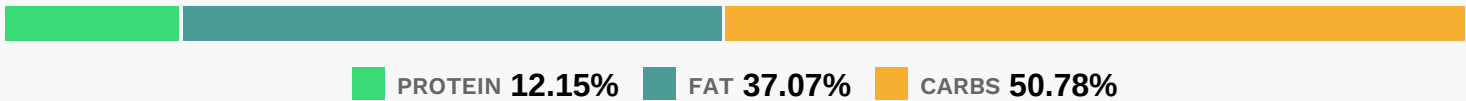
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Place garlic and shallots in an 8-inch square pan lined with aluminum foil; drizzle with oil.
- ☐ Bake at 450 for 15 minutes, stirring twice; cool.
- ☐ Process garlic, shallots, tomatoes, 3/4 cup chicken broth, and next 5 ingredients in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Cook tomato mixture and remaining 3/4 cup broth in a medium saucepan over medium heat 5 minutes or until thoroughly heated. Stir in basil; serve immediately with Basil Pesto Toast, if desired.
- ☐ Note: To serve 4, double all ingredients. Process half each of garlic, shallots, and tomatoes with 1 cup broth in blender; repeat.
- ☐ Heat tomato mixture and remaining 1 cup broth in a large sacucepan for 8 minutes.

Nutrition Facts



Properties

Glycemic Index:141, Glycemic Load:6.5, Inflammation Score:-7, Nutrition Score:14.868695624497%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 177.58kcal (8.88%), Fat: 8.04g (12.36%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 19.34g (7.03%), Sugar: 13.4g (14.89%), Cholesterol: 3.53mg (1.17%), Sodium: 1248.7mg (54.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.85%), Manganese: 0.69mg (34.68%), Vitamin C: 24.77mg (30.03%), Vitamin B6: 0.52mg (25.81%), Vitamin E: 3.7mg (24.65%), Copper: 0.46mg (23.09%), Potassium: 804.08mg (22.97%), Fiber: 5.43g (21.73%), Vitamin K: 22.02µg (20.97%), Iron: 3.5mg (19.45%), Vitamin B3: 3.04mg (15.18%), Vitamin B1: 0.23mg (15.12%), Magnesium: 54.38mg (13.6%), Vitamin B2: 0.23mg (13.35%), Vitamin A: 549.76IU (11%), Phosphorus: 106.75mg (10.68%), Folate: 42.47µg (10.62%), Calcium: 104.76mg (10.48%), Vitamin B5: 0.74mg (7.43%), Zinc: 0.92mg (6.12%), Selenium: 3.1µg (4.43%)