



## Roasted Sweet Onion and Tomato Soup with Cheese Crouton

READY IN



60 min.

SERVINGS



6

CALORIES



383 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 slices baguette thin
- 2 tablespoons butter melted
- 28 ounce canned tomatoes chopped canned
- 2 cups chicken stock see
- 1 cup cup heavy whipping cream 35%
- 1 teaspoon basil dried
- 6 cloves garlic clove cut in half
- 0.3 cup parmesan cheese shredded

- 1 large onion sweet chopped
- 1 yukon gold potatoes diced peeled

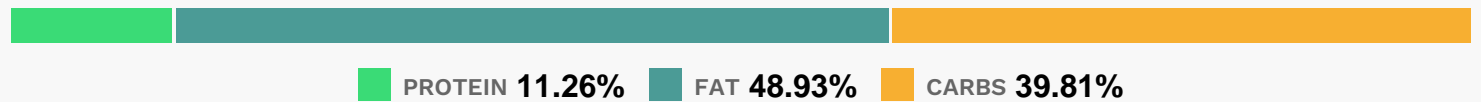
## Equipment

- bowl
- baking sheet
- oven
- pot

## Directions

- On rimmed baking sheet, toss together garlic, onion, potato, butter and 1/4 tsp (1 mL) each salt and pepper. Roast in 450 degrees F (230 degrees C) oven for 25 minutes, stirring twice, or until golden and softened.
- Meanwhile, in a pot combine tomatoes, stock and basil; bring to a boil over high heat.
- Add vegetables. Reduce heat; boil gently for 10 minutes. Puree until very smooth. Return to pot (if necessary) over medium-low heat. Stir in cream; season with salt and pepper.
- Heat, stirring often, until steaming.
- On baking sheet, broil baguette slices until lightly toasted. Turn over and sprinkle with cheese; broil until cheese is melted.
- Ladle soup into warmed bowls; float crouton on top of each serving.

## Nutrition Facts



## Properties

Glycemic Index:50.08, Glycemic Load:17.21, Inflammation Score:-8, Nutrition Score:16.642173995142%

## Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 8.26mg, Quercetin: 8.26mg, Quercetin: 8.26mg,

Quercetin: 8.26mg

## Nutrients (% of daily need)

Calories: 383kcal (19.15%), Fat: 21.48g (33.04%), Saturated Fat: 12.7g (79.39%), Carbohydrates: 39.31g (13.1%), Net Carbohydrates: 34.88g (12.68%), Sugar: 12.8g (14.23%), Cholesterol: 60.09mg (20.03%), Sodium: 601.01mg (26.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.24%), Manganese: 0.54mg (27.18%), Vitamin C: 21.74mg (26.35%), Vitamin B1: 0.37mg (24.98%), Vitamin B6: 0.49mg (24.65%), Vitamin B3: 4.77mg (23.87%), Potassium: 755.29mg (21.58%), Vitamin B2: 0.35mg (20.88%), Vitamin A: 1021.73IU (20.43%), Copper: 0.4mg (20.18%), Iron: 3.63mg (20.18%), Folate: 75.29µg (18.82%), Phosphorus: 183.47mg (18.35%), Calcium: 181.21mg (18.12%), Fiber: 4.43g (17.73%), Selenium: 11.02µg (15.75%), Vitamin E: 2.29mg (15.25%), Magnesium: 56.1mg (14.02%), Vitamin K: 13.41µg (12.77%), Vitamin B5: 0.77mg (7.71%), Zinc: 1.14mg (7.58%), Vitamin D: 0.66µg (4.37%), Vitamin B12: 0.12µg (2.02%)