



Roasted Tomato Basil Soup

 Vegetarian  Gluten Free

READY IN



110 min.

SERVINGS



8

CALORIES



199 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 1 quart chicken stock see
- ☐ 4 cups basil leaves fresh packed
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 6 garlic cloves minced
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup olive oil good
- ☐ 3 pounds plum tomatoes ripe cut in half lengthwise

- ☐ 28 ounce plum tomatoes with their juice canned
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 2 tablespoons butter unsalted
- ☐ 2 cups onions yellow chopped (2 onions)

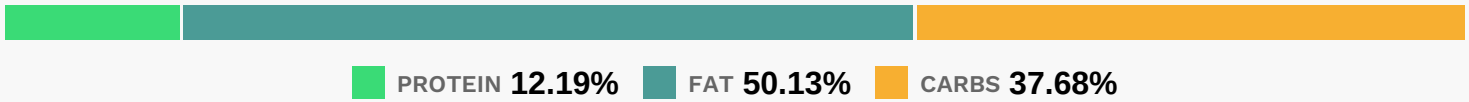
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F. Toss together the tomatoes, 1/4 cup olive oil, salt, and pepper.
- ☐ Spread the tomatoes in 1 layer on a baking sheet and roast for 45 minutes.
- ☐ In an 8-quart stockpot over medium heat, saute the onions and garlic with 2 tablespoons of olive oil, the butter, and red pepper flakes for 10 minutes, until the onions start to brown.
- ☐ Add the canned tomatoes, basil, thyme, and chicken stock.
- ☐ Add the oven-roasted tomatoes, including the liquid on the baking sheet. Bring to a boil and simmer uncovered for 40 minutes. Pass through a food mill fitted with the coarsest blade. Taste for seasonings.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.93, Inflammation Score:-10, Nutrition Score:18.203043489676%

Flavonoids

Naringenin: 1.83mg, Naringenin: 1.83mg, Naringenin: 1.83mg, Naringenin: 1.83mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg, Quercetin: 9.72mg

Nutrients (% of daily need)

Calories: 199.31kcal (9.97%), Fat: 11.7g (18%), Saturated Fat: 3.22g (20.1%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 15.48g (5.63%), Sugar: 10.72g (11.91%), Cholesterol: 11.07mg (3.69%), Sodium: 1058.79mg (46.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.81%), Vitamin K: 76.5µg (72.86%), Vitamin A: 3000.92IU (60.02%), Vitamin C: 43.36mg (52.55%), Manganese: 0.59mg (29.48%), Potassium: 874.13mg (24.98%), Vitamin B6: 0.39mg (19.27%), Vitamin B3: 3.66mg (18.28%), Vitamin E: 2.68mg (17.84%), Fiber: 4.3g (17.21%), Folate: 62.44µg (15.61%), Copper: 0.3mg (14.98%), Phosphorus: 120.22mg (12.02%), Magnesium: 47.83mg (11.96%), Vitamin B1: 0.17mg (11.26%), Vitamin B2: 0.18mg (10.46%), Iron: 1.62mg (8.97%), Calcium: 69.32mg (6.93%), Zinc: 0.83mg (5.55%), Selenium: 3.23µg (4.61%), Vitamin B5: 0.34mg (3.38%)