



Roasted Tomato Bisque

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



367 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 ounce canned tomatoes crushed canned
- 56 ounce tomatoes whole drained canned
- 4 carrots peeled chopped
- 1 cups chicken stock see
- 0.5 teaspoon pepper red crushed
- 2 tablespoons cooking sherry dry
- 2 cloves garlic minced
- 0.3 cup heavy cream

- 1 tablespoon brown sugar light
- 1 tablespoon olive oil
- 4 servings salt and freshly cracked pepper black
- 2 shallots quartered
- 1 tablespoon tomato paste
- 3 tablespoons butter unsalted

Equipment

- baking sheet
- oven
- mixing bowl
- pot
- immersion blender

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- In a mixing bowl, combine the drained whole tomatoes, olive oil, light brown sugar, carrots and shallots, and toss to coat. Season the vegetables with salt and pepper.
- Place the vegetables on a silicone or parchment-lined baking sheet and roast until caramelized, about 30 minutes.
- Heat a soup pot over medium heat.
- Add the butter and cook until foaming.
- Add the crushed red pepper and garlic and saute for 1 minute.
- Add the tomato paste and cook for 1 to 2 minutes. Then add the sherry. Cook until all the liquid has evaporated and the alcohol has cooked off, 1 to 2 minutes.
- Add the roasted vegetables, crushed tomatoes and 1 cup chicken stock. Season with salt and pepper and bring to a simmer.
- Let simmer for 15 minutes.

- Add the heavy cream and, using an immersion blender, puree the soup until uniform intexture.
- Add more chicken stock to adjust the consistency to how you like it.

Nutrition Facts



Properties

Glycemic Index:51.21, Glycemic Load:6.95, Inflammation Score:-10, Nutrition Score:31.174347760885%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 367.15kcal (18.36%), Fat: 19.4g (29.84%), Saturated Fat: 9.67g (60.47%), Carbohydrates: 45.35g (15.12%), Net Carbohydrates: 35.22g (12.81%), Sugar: 26.94g (29.94%), Cholesterol: 41.18mg (13.73%), Sodium: 1195.1mg (51.96%), Alcohol: 0.77g (100%), Alcohol %: 0.13% (100%), Protein: 9.56g (19.13%), Vitamin A: 11700.3IU (234.01%), Vitamin C: 61.32mg (74.33%), Potassium: 1705.05mg (48.72%), Vitamin B6: 0.95mg (47.26%), Vitamin E: 6.76mg (45.05%), Manganese: 0.85mg (42.28%), Fiber: 10.13g (40.52%), Iron: 7.16mg (39.76%), Copper: 0.73mg (36.73%), Vitamin B3: 7.01mg (35.06%), Vitamin K: 34.39µg (32.76%), Vitamin B1: 0.41mg (27.07%), Vitamin B2: 0.45mg (26.66%), Magnesium: 100.4mg (25.1%), Calcium: 237.7mg (23.77%), Phosphorus: 202.95mg (20.29%), Folate: 78µg (19.5%), Vitamin B5: 1.3mg (12.96%), Zinc: 1.48mg (9.87%), Selenium: 4.19µg (5.99%), Vitamin D: 0.4µg (2.64%)