



Roasted Tomato-Bread Soup



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



172 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 loaf sourdough baguette) day-old
- ☐ 28 ounce canned tomatoes crushed canned recommended: San Marzano
- ☐ 0.5 cup basil leaves fresh plus more leaves for garnish finely sliced
- ☐ 3 tablespoons garlic-infused olive oil extra-virgin plus more for garnish
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 pound vine-ripened tomatoes seeded quartered
- ☐ 1.5 cups water

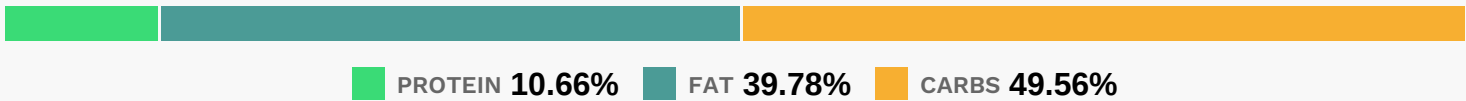
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ ladle
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the tomatoes on a rimmed baking sheet, toss with 2 tablespoons of the garlic oil and season with salt and pepper, to taste. Roast until the tomatoes are softened and the edges are beginning to brown, 15 to 20 minutes.
- ☐ Meanwhile, heat 1 tablespoon of the garlic oil in a saucepan over medium-high heat.
- ☐ Add the basil and stir for about 30 seconds.
- ☐ Add the canned tomatoes with their juice and the water; season with salt and pepper, to taste. Bring to a boil, then reduce the heat to medium-low and simmer for 15 minutes. Stir in the bread and simmer for 2 to 3 minutes.
- ☐ Stir the oven-roasted tomatoes and any cooking juices into the saucepan and simmer for another 3 minutes. Taste for seasoning, adjusting if necessary, and ladle into serving bowls.
- ☐ Garnish with a drizzle of garlic olive oil and basil leaves.

Nutrition Facts



Properties

Glycemic Index:41.63, Glycemic Load:10.39, Inflammation Score:-7, Nutrition Score:12.71521746594%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 172.49kcal (8.62%), Fat: 8.11g (12.47%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 22.72g (7.57%), Net Carbohydrates: 18.81g (6.84%), Sugar: 8.79g (9.77%), Cholesterol: 0mg (0%), Sodium: 310.36mg (13.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Vitamin C: 22.89mg (27.74%), Vitamin K: 26.29µg (25.04%), Manganese: 0.46mg (23.03%), Vitamin E: 3.15mg (20.98%), Vitamin A: 1020.22IU (20.4%), Potassium: 599.93mg (17.14%), Vitamin B1: 0.25mg (16.62%), Copper: 0.33mg (16.52%), Fiber: 3.92g (15.66%), Iron: 2.76mg (15.31%), Vitamin B3: 3.03mg (15.15%), Vitamin B6: 0.28mg (14.2%), Folate: 52.21µg (13.05%), Magnesium: 42.23mg (10.56%), Vitamin B2: 0.15mg (8.93%), Phosphorus: 81.55mg (8.15%), Calcium: 80.24mg (8.02%), Selenium: 4.39µg (6.27%), Vitamin B5: 0.52mg (5.19%), Zinc: 0.67mg (4.49%)