



Roasted Tomato-Harissa Soup with Olive Toasts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



96 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 ounces diagonally bread baguette french toasted cut ()
- ☐ 0.3 teaspoon chipotle chile powder smoked spanish
- ☐ 1.5 teaspoons parsley fresh chopped
- ☐ 0.1 teaspoon thyme leaves fresh chopped
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- ☐ 1 garlic clove halved
- ☐ 2 garlic cloves unpeeled
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon commercial harissa
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 8 teaspoons yogurt plain low-fat
- ☐ 1.5 teaspoons olive oil
- ☐ 2.3 pounds plum tomatoes cut in half lengthwise
- ☐ 0.5 bell pepper red seeded
- ☐ 0.1 teaspoon salt
- ☐ 2.5 cups vegetable broth
- ☐ 2 medium walla walla sweet cut into (1/2-inch-thick) slices (1 1/2 pounds)
- ☐ 0.5 cup water

Equipment

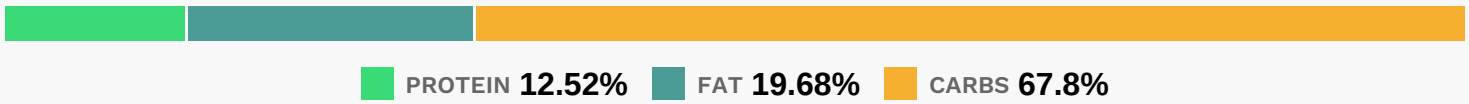
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Preheat oven to 42
- ☐ To prepare soup, arrange tomatoes, cut sides up, 2 garlic cloves, onion slices, and bell pepper half on a jelly-roll pan coated with cooking spray.

- ☐ Bake at 425 for 1 hour and 10 minutes or until golden. Cool. Chop tomatoes, onion, and bell pepper. Set 1/3 cup chopped onion aside for the toasts. Squeeze garlic cloves to extract pulp; discard skins.
- ☐ Heat olive oil in a Dutch oven over medium heat.
- ☐ Add remaining chopped onion, bell pepper, cumin, and coriander; cook 5 minutes, stirring frequently.
- ☐ Add harissa and paprika; cook 2 minutes. Stir in tomatoes, garlic pulp, broth, water, and 1/2 teaspoon thyme; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- ☐ Remove from heat; let stand 5 minutes. Stir in lemon juice, salt, and black pepper.
- ☐ Place one-half of tomato mixture in a blender, and process until smooth.
- ☐ Pour into a bowl. Repeat procedure with remaining tomato mixture.
- ☐ To prepare toasts, rub cut sides of the halved garlic clove over one side of each bread slice.
- ☐ Combine reserved 1/3 cup chopped onion, olives, parsley, vinegar, and 1/8 teaspoon thyme. Top each bread slice with about 1 tablespoon olive mixture. Ladle about 1/2 cup soup into each of 8 bowls. Top each serving with 1 teaspoon yogurt; serve with 1 olive toast.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:3.76, Inflammation Score:-9, Nutrition Score:9.67043474444617%

Flavonoids

Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg, Quercetin: 12.8mg

Nutrients (% of daily need)

Calories: 96.11kcal (4.81%), Fat: 2.26g (3.47%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 14.48g (5.26%), Sugar: 9.59g (10.65%), Cholesterol: 0.48mg (0.16%), Sodium: 458.99mg (19.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Vitamin C: 32.17mg (39%), Vitamin A: 1507.3IU

(30.15%), Manganese: 0.34mg (16.75%), Potassium: 461.49mg (13.19%), Vitamin B6: 0.26mg (13.11%), Folate: 49.03µg (12.26%), Fiber: 3.01g (12.05%), Vitamin K: 12.05µg (11.47%), Vitamin B1: 0.12mg (8.21%), Phosphorus: 79.42mg (7.94%), Vitamin E: 1.15mg (7.67%), Copper: 0.15mg (7.52%), Magnesium: 28.96mg (7.24%), Vitamin B3: 1.39mg (6.97%), Calcium: 61.31mg (6.13%), Iron: 1.05mg (5.83%), Vitamin B2: 0.09mg (5.08%), Selenium: 2.99µg (4.27%), Zinc: 0.52mg (3.49%), Vitamin B5: 0.33mg (3.34%)