



Roasted Tomato Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 2 teaspoons basil dried
- ☐ 1 teaspoon parsley dried
- ☐ 3 cloves garlic halved
- ☐ 5 cups chicken broth low-sodium
- ☐ 3 tablespoons olive oil
- ☐ 0.5 bell pepper red chopped
- ☐ 3 pounds roma tomatoes quartered (plum)

- ☐ 1 tablespoon sea salt
- ☐ 1 onion yellow halved quartered

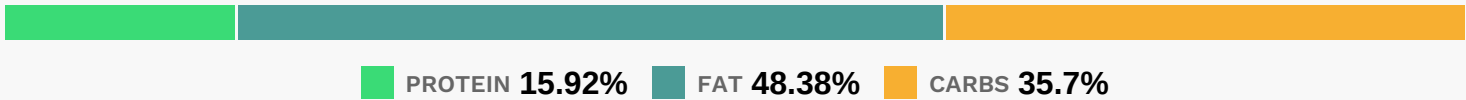
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a large baking sheet with aluminum foil.
- ☐ Spread tomatoes, onion, and red bell pepper in 1 layer onto the prepared baking sheet.
- ☐ Drizzle olive oil over tomato mixture and season with salt and pepper.
- ☐ Roast in the preheated oven for 30 minutes; add garlic and continue roasting until tomato mixture is tender, about 15 more minutes.
- ☐ Bring chicken broth, basil, and parsley to a boil in a large stockpot; reduce heat and simmer.
- ☐ Put half the tomato mixture into a blender. Cover and hold lid down; pulse a few times before leaving on to blend until smooth, adding a small amount of the warm chicken broth if liquid is needed.
- ☐ Pour pureed tomato mixture into stockpot with chicken broth. Puree remaining half of tomato mixture and add to chicken stock mixture, mixing well. Simmer for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:3.02, Inflammation Score:-9, Nutrition Score:13.876086960668%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg, Apigenin: 0.76mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg, Isorhamnetin: 0.97mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 148.4kcal (7.42%), Fat: 8.72g (13.42%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 10.95g (3.98%), Sugar: 7.44g (8.27%), Cholesterol: 0mg (0%), Sodium: 1235.03mg (53.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.91%), Vitamin C: 45.61mg (55.29%), Vitamin A: 2205.74IU (44.11%), Vitamin K: 29.48µg (28.07%), Potassium: 776.52mg (22.19%), Vitamin B3: 4.19mg (20.97%), Manganese: 0.42mg (20.97%), Vitamin E: 2.44mg (16.24%), Fiber: 3.53g (14.12%), Vitamin B6: 0.28mg (13.83%), Copper: 0.26mg (13.11%), Phosphorus: 125.4mg (12.54%), Folate: 43.26µg (10.81%), Iron: 1.53mg (8.51%), Magnesium: 33.63mg (8.41%), Vitamin B2: 0.12mg (7.2%), Vitamin B1: 0.1mg (6.77%), Calcium: 48.83mg (4.88%), Zinc: 0.69mg (4.59%), Vitamin B12: 0.2µg (3.28%), Vitamin B5: 0.27mg (2.75%)