



Roasted Tomato Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



84 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups chicken broth
- ☐ 6 cloves garlic minced
- ☐ 5 tablespoons olive oil
- ☐ 2 onions chopped 1 lb. total
- ☐ 20 servings salt
- ☐ 1 tablespoon sugar
- ☐ 10 pound tomatoes ripe

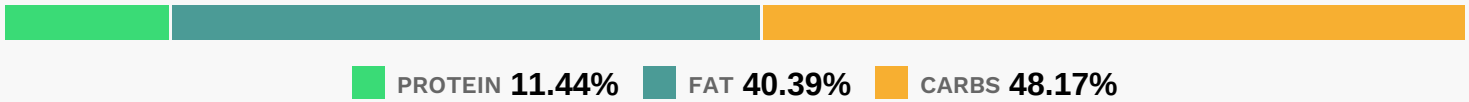
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Rinse, core, and cut tomatoes in half crosswise.
- ☐ Fit tomatoes, cut sides up, in 10- by 15-inch pans (you'll need 3, or use 1 pan and refill).
- ☐ Brush the tops of the tomatoes in each pan with 1 tablespoon oil and sprinkle with 1 teaspoon sugar.
- ☐ One pan at a time, broil tomatoes 3 to 4 inches from heat until tops are spotted black, about 20 minutes. Adjust pan position for even heat and remove tomatoes as they are charred.
- ☐ Meanwhile, in an 8- to 10-quart pan over medium-high heat, combine remaining oil, garlic, and onions. Stir often until onions are lightly browned and taste sweet, 10 to 15 minutes.
- ☐ In batches, smoothly pure tomatoes and onion mixture in a blender or food processor. To remove skins, if desired, rub tomato mixture through a fine strainer into a large bowl.
- ☐ Return tomato mixture to pan and add broth; heat to simmering, stirring.
- ☐ Add salt to taste. To serve cold, cover and refrigerate until chilled. To store, cover airtight and chill up to 3 days, or put in freezer containers in easy-to-use portions and freeze up to 1 year.

Nutrition Facts



Properties

Glycemic Index:8.25, Glycemic Load:3.05, Inflammation Score:-8, Nutrition Score:9.767826128913%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 84.04kcal (4.2%), Fat: 4.12g (6.34%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 11.06g (3.69%), Net Carbohydrates: 8.13g (2.96%), Sugar: 7.34g (8.16%), Cholesterol: 1.41mg (0.47%), Sodium: 467.35mg (20.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.25%), Vitamin C: 32.17mg (38.99%), Vitamin A: 1890.92IU (37.82%), Vitamin K: 20.08µg (19.13%), Potassium: 569.95mg (16.28%), Manganese: 0.32mg (16.04%), Vitamin E: 1.76mg (11.73%), Fiber: 2.93g (11.71%), Vitamin B6: 0.21mg (10.29%), Folate: 36.14µg (9.03%), Vitamin B3: 1.52mg (7.6%), Copper: 0.15mg (7.58%), Vitamin B1: 0.11mg (7.04%), Magnesium: 26.98mg (6.75%), Phosphorus: 61.82mg (6.18%), Vitamin B2: 0.09mg (5.22%), Iron: 0.72mg (4.01%), Zinc: 0.46mg (3.1%), Calcium: 29.82mg (2.98%), Vitamin B5: 0.23mg (2.27%)