



Roasted Yellow Tomato Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



92 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 ounce chili peppers green canned
- ☐ 0.5 pound fingerling potatoes
- ☐ 1.5 olive oil
- ☐ 0.8 teaspoon oregano dried
- ☐ 1 tablespoon parsley italian minced
- ☐ 4 servings salt and pepper
- ☐ 1 cup onion diced sweet
- ☐ 3 cup vegetable broth low-sodium

☐ 1 pound tomatoes yellow cored sliced in half and

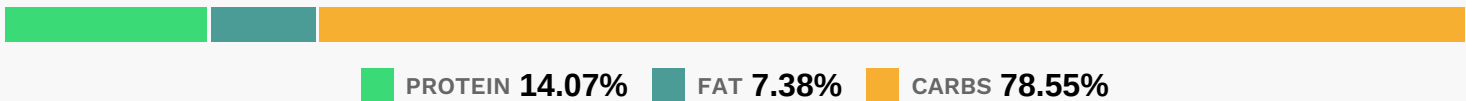
Equipment

- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ blender
- ☐ baking pan
- ☐ dutch oven
- ☐ immersion blender

Directions

- ☐ Preheat oven to 375 degrees. Toss potatoes with ½ teaspoon olive oil. Cover baking pan with parchment paper and place tomatoes, garlic and potatoes in pan.
- ☐ Bake for 30 minutes or until a knife easily penetrates the tomatoes and potatoes.
- ☐ Remove from oven to cool.
- ☐ Heat 1 teaspoon olive oil over medium heat. Sauté onions in a deep pot or Dutch oven over for about 8–10 minutes. While the onion is sautéing, remove the skin from the tomatoes, potatoes and garlic, roughly chop all of them. Once the onions are slightly translucent and brown around the edges, add the tomatoes, garlic, potatoes, broth, oregano, parsley, and chilies. Bring to a boil, and then reduce to a simmer for ~10 minutes.
- ☐ Remove the pot from the burner, allow to cool slightly and then begin to puree with an immersion blender (or stand blender, please remember to vent for steam release). I like my soup a bit chunky so puree to your desired consistency. Top with Greek Yogurt for a bit of creaminess.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:7.27, Inflammation Score:-7, Nutrition Score:8.9134783304256%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 92.36kcal (4.62%), Fat: 0.82g (1.25%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 15.94g (5.8%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 283.41mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Vitamin C: 29.48mg (35.74%), Vitamin K: 20.15µg (19.19%), Potassium: 605.2mg (17.29%), Folate: 62.35µg (15.59%), Vitamin B6: 0.3mg (15.23%), Fiber: 3.59g (14.36%), Manganese: 0.27mg (13.7%), Vitamin B3: 2.11mg (10.54%), Copper: 0.2mg (10.11%), Phosphorus: 86.64mg (8.66%), Iron: 1.49mg (8.3%), Magnesium: 32.33mg (8.08%), Vitamin B1: 0.11mg (7.41%), Vitamin B2: 0.09mg (5.1%), Calcium: 39.87mg (3.99%), Zinc: 0.57mg (3.79%), Vitamin B5: 0.35mg (3.51%), Vitamin A: 110.01IU (2.2%), Selenium: 0.88µg (1.26%)