



Salsa soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



370 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 large tomatoes ripe chopped
- ☐ 1 small onion red chopped
- ☐ 1 garlic clove chopped
- ☐ 0.5 tsp sugar
- ☐ 1 juice of lime
- ☐ 1 handful coriander chopped
- ☐ 2 servings olive oil
- ☐ 2 servings tortilla chips

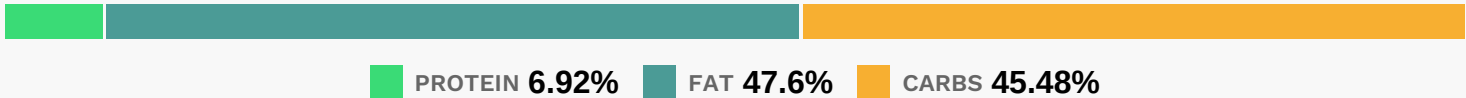
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Tip all the ingredients into a blender or food processor with a generous grinding of pepper and salt, if you like. Pulse until you get a chunky, frothy soup.
- ☐ Serve straight away with tortilla chips on the side or chill until needed.

Nutrition Facts



Properties

Glycemic Index:98.55, Glycemic Load:6.66, Inflammation Score:-10, Nutrition Score:23.360000226809%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 3.15mg, Naringenin: 3.15mg, Naringenin: 3.15mg, Naringenin: 3.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 14.96mg, Quercetin: 14.96mg, Quercetin: 14.96mg, Quercetin: 14.96mg

Nutrients (% of daily need)

Calories: 370.31kcal (18.52%), Fat: 20.79g (31.99%), Saturated Fat: 2.87g (17.95%), Carbohydrates: 44.7g (14.9%), Net Carbohydrates: 36.64g (13.33%), Sugar: 15.85g (17.61%), Cholesterol: 0mg (0%), Sodium: 118.56mg (5.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.8g (13.6%), Vitamin C: 71.91mg (87.17%), Vitamin A: 3934.69IU (78.69%), Vitamin K: 56.76µg (54.06%), Vitamin E: 5.56mg (37.04%), Potassium: 1243.76mg (35.54%), Fiber: 8.05g (32.22%), Manganese: 0.63mg (31.3%), Vitamin B6: 0.51mg (25.37%), Folate: 84.85µg (21.21%), Magnesium: 81.17mg (20.29%), Phosphorus: 193.51mg (19.35%), Copper: 0.33mg (16.51%), Vitamin B1: 0.24mg (16.06%), Vitamin B3: 3.06mg (15.28%), Iron: 1.92mg (10.68%), Calcium: 94.14mg (9.41%), Zinc: 1.29mg (8.62%), Vitamin B5: 0.84mg (8.43%), Vitamin B2: 0.13mg (7.54%), Selenium: 1.76µg (2.51%)