



# Saltie Sandwich Shop's Late-Summer Roasted Tomato Soup with Fregola and Kale

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 cups couscous (or substitute Israeli cous cous, farro, or another grain)
- 6 leaves sage fresh
- 12 cloves garlic sliced
- 1 bunch kale
- 4 servings olive oil extra virgin extra-virgin as needed
- 12 roma tomatoes cored cut in half lengthwise
- 6 sprigs rosemary

4 servings salt to taste

## Equipment

bowl

baking sheet

oven

pot

## Directions

Preheat the oven to 400 degrees Fahrenheit.

Arrange the tomatoes skin-side down on a baking sheet and drizzle evenly with olive oil (leave plenty of room to allow them to caramelize). Season generously with salt and roast until concentrated and charring a little on the edges, about 30 minutes.

Meanwhile, boil the fregola (or substitute) in salted water until al dente, then drain and toss with a little more oil to keep it from sticking.

In the bottom of a large heavy soup pot, heat 3 tablespoons of olive oil over medium heat until shimmering.

Add the garlic and cook until golden, about 3 minutes, then add the rosemary and sage (they will sizzle) and cook until fragrant, about a minute longer. Stir in the roasted tomatoes along with 4 cups of water and bring to a simmer.

Add the kale and season to taste with salt. Simmer until the kale is tender, about 10 minutes, then add the cooked fregola. Ladle into bowls, sprinkle with sea salt, and serve with a drizzle of olive oil.

## Nutrition Facts



**PROTEIN 11.12%** **FAT 27.26%** **CARBS 61.62%**

## Properties

Glycemic Index:58.75, Glycemic Load:43.52, Inflammation Score:-10, Nutrition Score:26.723912943964%

## Flavonoids

Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg, Isorhamnetin: 7.67mg Kaempferol: 15.4mg, Kaempferol: 15.4mg, Kaempferol: 15.4mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

## Nutrients (% of daily need)

Calories: 507.85kcal (25.39%), Fat: 15.48g (23.82%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 78.73g (26.24%), Net Carbohydrates: 70.59g (25.67%), Sugar: 5.24g (5.82%), Cholesterol: 0mg (0%), Sodium: 230.85mg (10.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.21g (28.41%), Vitamin K: 150.02µg (142.88%), Vitamin A: 4801.63IU (96.03%), Vitamin C: 58.74mg (71.2%), Manganese: 1.26mg (63.04%), Fiber: 8.15g (32.59%), Copper: 0.55mg (27.65%), Vitamin B3: 4.57mg (22.86%), Phosphorus: 223.46mg (22.35%), Vitamin E: 3.24mg (21.61%), Potassium: 735.47mg (21.01%), Vitamin B6: 0.41mg (20.3%), Magnesium: 71.93mg (17.98%), Vitamin B1: 0.27mg (17.7%), Folate: 66.08µg (16.52%), Calcium: 140.78mg (14.08%), Vitamin B2: 0.23mg (13.31%), Vitamin B5: 1.32mg (13.24%), Iron: 2.24mg (12.45%), Zinc: 1.27mg (8.48%), Selenium: 1.58µg (2.25%)