



Skinny Tomato Soup with Cheesy Orzo

 Popular

READY IN



10 min.

SERVINGS



4

CALORIES



127 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 15 ounce tomatoes fire roasted canned
- ☐ 0.3 teaspoon lawry's garlic salt
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.5 cup orzo pasta dry
- ☐ 0.5 cup greek yogurt plain
- ☐ 2 tablespoons cheddar cheese shredded finely

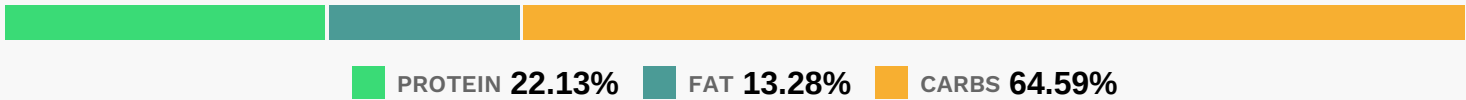
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Place tomatoes, yogurt, salt, pepper and garlic salt into a high powered blender. Blend until smooth.
- ☐ Transfer to a medium saucepan over medium-low heat.Cook orzo according to package directions.
- ☐ Drain and transfer to a medium bowl. Stir in salt, pepper and cheese until melted.
- ☐ Pour soup into bowls and top with cheesy orzo.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:5.66, Inflammation Score:-4, Nutrition Score:4.5104347571083%

Nutrients (% of daily need)

Calories: 126.76kcal (6.34%), Fat: 1.82g (2.8%), Saturated Fat: 0.9g (5.6%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 18.52g (6.73%), Sugar: 3.79g (4.21%), Cholesterol: 5.5mg (1.83%), Sodium: 419.66mg (18.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.67%), Selenium: 15.53µg (22.19%), Calcium: 94.04mg (9.4%), Vitamin A: 469.17IU (9.38%), Manganese: 0.18mg (9.16%), Phosphorus: 89mg (8.9%), Vitamin B2: 0.1mg (5.9%), Fiber: 1.43g (5.74%), Iron: 0.85mg (4.72%), Zinc: 0.55mg (3.69%), Vitamin B12: 0.22µg (3.67%), Magnesium: 13.95mg (3.49%), Copper: 0.06mg (3.04%), Potassium: 81.21mg (2.32%), Vitamin C: 1.91mg (2.32%), Vitamin B6: 0.05mg (2.29%), Vitamin B3: 0.37mg (1.87%), Vitamin B5: 0.18mg (1.82%), Vitamin B1: 0.02mg (1.58%), Folate: 6.03µg (1.51%)