



Smoked Tomato Bisque

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



178 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon basil dried
- 1 tablespoon rosemary dried
- 1 tablespoon thyme leaves dried
- 1 cup heavy whipping cream
- 1 dash liquid smoke flavoring
- 1 tablespoon oregano dried
- 6 servings salt and pepper to taste
- 6 ounce tomato paste canned

10.8 ounce tomato purée canned

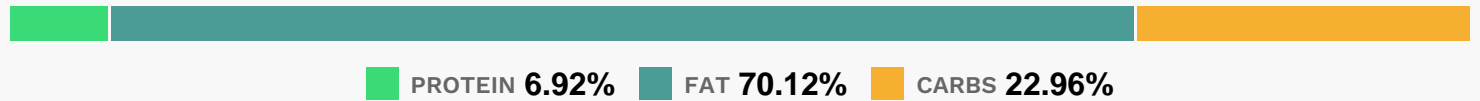
10 ounces tomato sauce

Equipment

Directions

Combine the tomato paste, tomato sauce, and tomato puree. Simmer and add the dried herbs. Stir in the heavy cream and liquid smoke and season to taste with salt and pepper. Gently heat but do not boil.

Nutrition Facts



Properties

Glycemic Index:32.67, Glycemic Load:2.49, Inflammation Score:-9, Nutrition Score:10.347391294396%

Nutrients (% of daily need)

Calories: 178.24kcal (8.91%), Fat: 14.85g (22.84%), Saturated Fat: 9.24g (57.78%), Carbohydrates: 10.94g (3.65%), Net Carbohydrates: 7.73g (2.81%), Sugar: 6.38g (7.09%), Cholesterol: 44.82mg (14.94%), Sodium: 534.55mg (23.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.59%), Vitamin K: 34.83µg (33.17%), Vitamin A: 1012.74IU (20.25%), Iron: 3.35mg (18.61%), Manganese: 0.36mg (18.09%), Vitamin E: 2.31mg (15.39%), Vitamin C: 11.39mg (13.8%), Fiber: 3.21g (12.83%), Potassium: 446.58mg (12.76%), Copper: 0.23mg (11.53%), Calcium: 104.93mg (10.49%), Vitamin B6: 0.21mg (10.3%), Vitamin B2: 0.16mg (9.58%), Magnesium: 34.89mg (8.72%), Vitamin B3: 1.57mg (7.84%), Phosphorus: 65.72mg (6.57%), Folate: 23.02µg (5.75%), Vitamin B1: 0.09mg (5.72%), Vitamin B5: 0.48mg (4.8%), Vitamin D: 0.63µg (4.23%), Zinc: 0.54mg (3.57%), Selenium: 2.05µg (2.93%), Vitamin B12: 0.06µg (1.06%)