



Sopa o Crema de Tomate con Albahaca (Tomato and Basil Soup)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons butter
- ☐ 14 ounce canned tomatoes whole canned
- ☐ 1 carrots diced peeled
- ☐ 0.3 cup basil fresh
- ☐ 3 cloves garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup heavy cream plus more for serving

- ☐ 2 tablespoons olive oil
- ☐ 1 small onion diced
- ☐ 0.3 teaspoon oregano dried
- ☐ 4 servings pesto for serving
- ☐ 4 servings salt and pepper
- ☐ 0.5 tablespoon sugar
- ☐ 1 cup vegetable broth

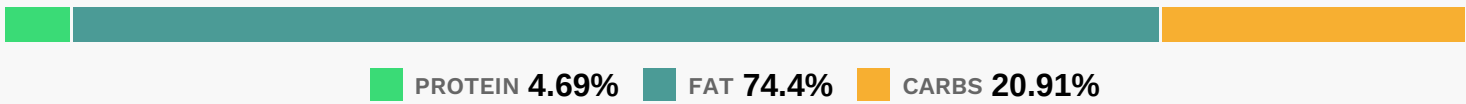
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a medium pan, heat the olive oil and butter over medium–low heat.
- ☐ Add the carrots, onion and garlic, cook until tender, about 8 minutes.
- ☐ Add the canned tomatoes with the juice, vegetable broth, salt, pepper, cumin, oregano and sugar.Cook about 20 minutes or until the vegetables are soft.
- ☐ Add basil and cream.
- ☐ Place in a blender and blend until smooth.
- ☐ Garnish with 1 tablespoon pesto and a drizzle of heavy cream.

Nutrition Facts



Properties

Glycemic Index:96.73, Glycemic Load:4.49, Inflammation Score:-10, Nutrition Score:11.029130220413%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg, Quercetin: 3.62mg

Nutrients (% of daily need)

Calories: 279.38kcal (13.97%), Fat: 24.02g (36.95%), Saturated Fat: 9.01g (56.28%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 12.18g (4.43%), Sugar: 8.78g (9.76%), Cholesterol: 33.06mg (11.02%), Sodium: 761.31mg (33.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin A: 3667.1IU (73.34%), Vitamin K: 19.58µg (18.64%), Vitamin E: 2.7mg (17.98%), Vitamin C: 12.41mg (15.04%), Manganese: 0.3mg (14.8%), Fiber: 3g (12%), Vitamin B6: 0.23mg (11.45%), Potassium: 400.52mg (11.44%), Copper: 0.21mg (10.63%), Iron: 1.82mg (10.08%), Calcium: 89.7mg (8.97%), Vitamin B3: 1.44mg (7.21%), Magnesium: 27.39mg (6.85%), Vitamin B1: 0.1mg (6.84%), Vitamin B2: 0.1mg (5.93%), Phosphorus: 58.19mg (5.82%), Folate: 21.34µg (5.33%), Vitamin B5: 0.4mg (4.02%), Zinc: 0.43mg (2.87%), Selenium: 1.57µg (2.24%), Vitamin D: 0.24µg (1.59%)