



Spicy Clear Tomato Soup (Vegan, Gluten-Free, Nut-Free, Soy-Free)



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



95 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 carrots sliced
- ☐ 4 stalks celery chopped
- ☐ 1 bell pepper green seeded chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1 onion chopped
- ☐ 4 servings salt and pepper to taste
- ☐ 2 teaspoons sugar

- ☐ 2.5 lbs tomatoes fresh ripe
- ☐ 1.5 cups water

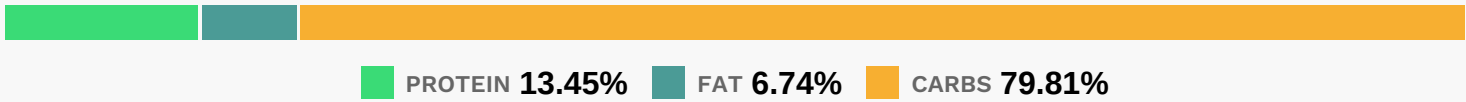
Equipment

- ☐ pot

Directions

- ☐ Put the tomatoes, water, celery, carrots, onion, green pepper, and cloves in a soup pot. Bring the soup to the boiling point, and reduce the heat.
- ☐ Add the salt, pepper, and sugar.Simmer, partially covered, for 15 minutes.
- ☐ Remove from the heat and stir in the lemon juice. Strain.Correct the seasonings if necessary.
- ☐ Serve hot or cold.

Nutrition Facts



Properties

Glycemic Index:55.98, Glycemic Load:6.09, Inflammation Score:-10, Nutrition Score:19.002608485844%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 2.03mg, Naringenin: 2.03mg, Naringenin: 2.03mg, Naringenin: 2.03mg Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg, Quercetin: 8.13mg

Nutrients (% of daily need)

Calories: 95.43kcal (4.77%), Fat: 0.81g (1.25%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 21.6g (7.2%), Net Carbohydrates: 15.7g (5.71%), Sugar: 13.5g (15%), Cholesterol: 0mg (0%), Sodium: 267.53mg (11.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Vitamin A: 7747.52IU (154.95%), Vitamin C: 70.73mg (85.74%), Vitamin K: 40.45µg (38.53%), Potassium: 973.5mg (27.81%), Manganese: 0.48mg (24.06%), Fiber: 5.89g (23.57%), Vitamin B6: 0.4mg (20.08%), Folate: 72.42µg (18.1%), Vitamin E: 1.97mg (13.11%), Copper: 0.24mg (12.05%), Magnesium: 46.31mg (11.58%), Vitamin B3: 2.29mg (11.47%), Vitamin B1: 0.16mg (10.99%), Phosphorus: 102.84mg

(10.28%), Calcium: 66.97mg (6.7%), Vitamin B2: 0.11mg (6.57%), Iron: 1.1mg (6.14%), Vitamin B5: 0.51mg (5.07%), Zinc: 0.71mg (4.71%)