

Spicy Tomato Soup

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



111 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 bay leaves
- 1 tablespoon indian chili powder
- 1 tablespoon flour all-purpose
- 1 teaspoon garam masala
- 1 tablespoon ginger-garlic paste
- 0.5 teaspoon ground turmeric
- 2 tablespoons olive oil
- 1 onion chopped

- 6 servings salt to taste
- 28 ounce tomato purée canned
- 1 tablespoon sugar white

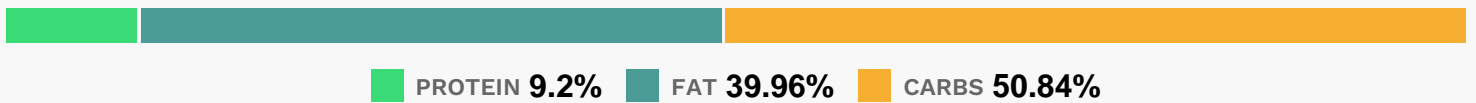
Equipment

- frying pan
- sauce pan
- wooden spoon

Directions

- Heat oil in a large saucepan over medium heat; stir in onions and bay leaves, and cook about 5 minutes until the onions begin to soften.
- Add flour, ginger-garlic paste, garam masala, turmeric, and Indian chili powder. Cook and stir until fragrant, about 1 minute.
- Pour the water into the pan, and bring to a boil while scraping the browned bits of food off of the bottom with a wooden spoon.
- Pour in the tomato puree and thin with additional water to desired consistency.
- Add sugar and salt; cook until sugar is dissolved and soup is hot, about 5 minutes.
- Remove bay leaves and serve with cream if desired.

Nutrition Facts



Properties

Glycemic Index:35.85, Glycemic Load:5.18, Inflammation Score:-9, Nutrition Score:8.5534781891367%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 110.63kcal (5.53%), Fat: 5.33g (8.19%), Saturated Fat: 0.75g (4.66%), Carbohydrates: 15.24g (5.08%), Net Carbohydrates: 11.81g (4.3%), Sugar: 8.7g (9.67%), Cholesterol: 0mg (0%), Sodium: 392.29mg (17.06%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Vitamin E: 2.84mg (18.96%), Vitamin C: 13.6mg (16.48%), Manganese: 0.31mg (15.67%), Fiber: 3.43g (13.72%), Vitamin A: 682.2IU (13.64%), Copper: 0.27mg (13.29%), Potassium: 446.25mg (12.75%), Vitamin B6: 0.25mg (12.62%), Iron: 2.16mg (12%), Vitamin K: 11.33µg (10.79%), Vitamin B3: 1.88mg (9.38%), Vitamin B1: 0.12mg (8.07%), Magnesium: 30.92mg (7.73%), Folate: 23.47µg (5.87%), Vitamin B2: 0.09mg (5.49%), Calcium: 54.56mg (5.46%), Phosphorus: 53.49mg (5.35%), Vitamin B5: 0.41mg (4.08%), Zinc: 0.46mg (3.09%), Selenium: 1.6µg (2.29%)