

Spicy Tomato Soup

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



156 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
- 0.3 cup heavy cream
- 2 tablespoons olive oil

- 1 onion chopped
- 6 servings salt to taste
- 28 ounce tomato purée canned
- 0.5 cup water or as needed
- 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



PROTEIN 7.56% **FAT 54.78%** **CARBS 37.66%**

Properties

Glycemic Index:35.85, Glycemic Load:5.18, Inflammation Score:-9, Nutrition Score:9.1091304330722%

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: 155.58kcal (7.78%), Fat: 10.1g (15.54%), Saturated Fat: 3.79g (23.67%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 12.19g (4.43%), Sugar: 9.09g (10.09%), Cholesterol: 14.94mg (4.98%), Sodium: 396.85mg (17.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Vitamin E: 2.97mg (19.77%), Vitamin A: 876.57IU (17.53%), Vitamin C: 13.68mg (16.58%), Manganese: 0.31mg (15.67%), Fiber: 3.43g (13.72%), Copper: 0.27mg (13.52%), Potassium: 458.81mg (13.11%), Vitamin B6: 0.26mg (12.86%), Iron: 2.17mg (12.07%), Vitamin K: 11.75µg (11.19%), Vitamin B3: 1.88mg (9.42%), Vitamin B1: 0.12mg (8.25%), Magnesium: 32.04mg (8.01%), Vitamin B2: 0.12mg (6.95%), Calcium: 63.87mg (6.39%), Phosphorus: 61.16mg (6.12%), Folate: 24µg (6%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.5mg (3.32%), Selenium: 2µg (2.86%), Vitamin D: 0.21µg (1.41%)