



Spicy Tomato Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



233 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons ginger fresh peeled finely chopped
- ☐ 2 teaspoons garlic finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon jalapeño chile including seeds fresh finely chopped
- ☐ 18 fl. oz. chicken broth reduced-sodium
- ☐ 3 tablespoons olive oil
- ☐ 2.3 cups onion coarsely chopped
- ☐ 2 teaspoons salt to taste

- ☐ 1 tablespoon sugar to taste
- ☐ 56 oz juice reserved from tomatoes whole organic canned (preferably)

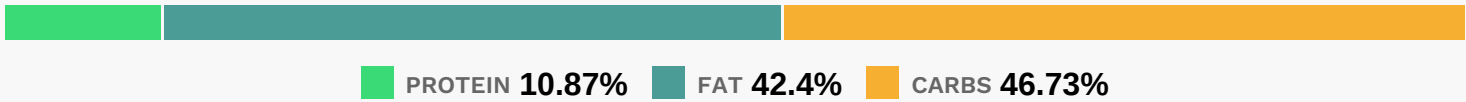
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Drain 1 can tomatoes, discarding juice, then purée with remaining can tomatoes (including juice) in a blender.
- ☐ Cook onion, garlic, chile, and ginger in oil in a 4- to 5-quart heavy nonreactive pot over moderate heat, stirring frequently, until onion is softened, about 8 minutes.
- ☐ Add cumin and cook, stirring, 1 minute. Stir in puréed tomatoes, broth, 1 tablespoon sugar, and 2 teaspoons salt and simmer, uncovered, stirring occasionally, 20 minutes. Working in 3 or 4 batches, blend soup in blender until smooth (use caution when blending hot liquids).
- ☐ Transfer soup as blended to a sieve set over a large bowl and force through sieve, discarding seeds.
- ☐ Stir in sugar and salt to taste. Reheat in cleaned saucepan if necessary.

Nutrition Facts



Properties

Glycemic Index:44.77, Glycemic Load:4.13, Inflammation Score:-8, Nutrition Score:16.853913094686%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg, Isorhamnetin: 4.51mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.17mg,

Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg, Quercetin: 20.34mg

Nutrients (% of daily need)

Calories: 233.47kcal (11.67%), Fat: 11.99g (18.45%), Saturated Fat: 1.8g (11.28%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 24.12g (8.77%), Sugar: 16.52g (18.35%), Cholesterol: 0mg (0%), Sodium: 1774.9mg (77.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.83%), Vitamin C: 45.59mg (55.26%), Vitamin B6: 0.59mg (29.42%), Potassium: 1010.14mg (28.86%), Vitamin E: 4.29mg (28.57%), Iron: 4.59mg (25.49%), Vitamin B3: 4.8mg (23.99%), Manganese: 0.46mg (23.09%), Fiber: 5.61g (22.45%), Copper: 0.39mg (19.37%), Vitamin K: 18.46µg (17.58%), Vitamin B2: 0.29mg (16.87%), Calcium: 155.27mg (15.53%), Vitamin B1: 0.23mg (15.02%), Phosphorus: 145.64mg (14.56%), Magnesium: 55.93mg (13.98%), Folate: 49.37µg (12.34%), Vitamin A: 482.95IU (9.66%), Vitamin B5: 0.59mg (5.94%), Zinc: 0.88mg (5.86%), Vitamin B12: 0.13µg (2.22%), Selenium: 1.11µg (1.58%)