



Summer Tomato Water Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



1590 min.

SERVINGS



4

CALORIES



247 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blueberries halved
- ☐ 0.5 cantaloupe cut into 1/2-inch pieces
- ☐ 0.5 cucumber diced english
- ☐ 2 tablespoons olive oil extra virgin divided
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 4.5 lb heirloom tomatoes cut into 8 wedges each
- ☐ 0.8 teaspoon sea salt divided
- ☐ 0.3 teaspoon sugar

- ☐ 1 pt tomatoes assorted halved
- ☐ 2 medium tomatoes
- ☐ 2 small baby squash yellow thinly sliced
- ☐ 4 servings cheesecloth
- ☐ 4 servings cheesecloth

Equipment

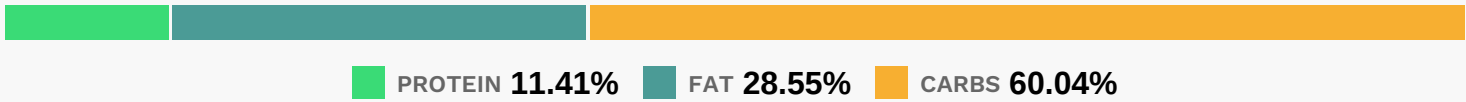
- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Process heirloom tomatoes in a food processor 30 to 60 seconds or until pureed. Line a colander with 2 layers of cheesecloth; place colander over a large bowl.
- ☐ Pour tomato puree into cheesecloth. Tie ends of cheesecloth together. Chill 24 hours to allow puree to drain.
- ☐ Remove bowl from refrigerator, and gently press cheesecloth using back of a spoon to extract remaining liquid. (Yield should be about 4 cups.) Cover and chill.
- ☐ Preheat oven to 25
- ☐ Core medium tomatoes, removing stem ends.
- ☐ Cut tomatoes in half; place, cut sides up, on a lightly greased aluminum foil-lined baking sheet; sprinkle with 1 Tbsp. olive oil, 1/4 tsp. sea salt, and 1/4 tsp. sugar.
- ☐ Bake 2 hours.
- ☐ Place 1 roasted tomato half in each of 4 serving bowls. Top with squash and next 4 ingredients; sprinkle with thyme and 1/4 tsp. salt.
- ☐ Add remaining 1/4 tsp. salt to tomato water, and divide tomato water among bowls.

Drizzle with remaining 1 Tbsp. olive oil, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:92.15, Glycemic Load:12.9, Inflammation Score:-10, Nutrition Score:31.094347933064%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Naringenin: 4.69mg, Naringenin: 4.69mg, Naringenin: 4.69mg, Naringenin: 4.69mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg, Quercetin: 6.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 247.18kcal (12.36%), Fat: 8.78g (13.51%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 41.55g (13.85%), Net Carbohydrates: 30.92g (11.24%), Sugar: 29.45g (32.72%), Cholesterol: 0mg (0%), Sodium: 493.72mg (21.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.8%), Vitamin A: 8283.1IU (165.66%), Vitamin C: 117.53mg (142.46%), Vitamin K: 75.65µg (72.05%), Potassium: 1985.24mg (56.72%), Manganese: 1.08mg (54.1%), Fiber: 10.63g (42.51%), Vitamin B6: 0.74mg (37.21%), Folate: 135.35µg (33.84%), Vitamin E: 5.06mg (33.75%), Copper: 0.54mg (26.77%), Magnesium: 102.82mg (25.7%), Vitamin B3: 5.07mg (25.33%), Vitamin B1: 0.34mg (22.77%), Phosphorus: 213.74mg (21.37%), Vitamin B2: 0.26mg (15.5%), Iron: 2.67mg (14.84%), Zinc: 1.79mg (11.95%), Calcium: 94.66mg (9.47%), Vitamin B5: 0.92mg (9.23%), Selenium: 1.44µg (2.06%)