



Sweet and Chunky Tomato Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 teaspoon butter divided
- ☐ 2 cups chicken broth
- ☐ 1 tablespoon cornstarch
- ☐ 1.5 teaspoons basil dried
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground cloves
- ☐ 1 cup milk
- ☐ 1 medium onion diced

- ☐ 1.5 teaspoons oregano dried
- ☐ 0.5 bell pepper diced red
- ☐ 2 teaspoons salt
- ☐ 8 tomatoes peeled sliced
- ☐ 1 teaspoon sugar white
- ☐ 0.5 bell pepper diced yellow

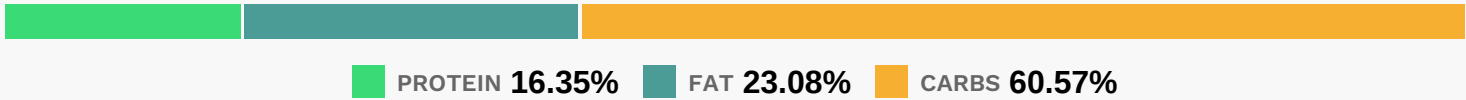
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ blender

Directions

- ☐ Place the red bell pepper and yellow bell pepper in a large pot with 1/4 teaspoon butter, and cook, stirring constantly, until peppers are slightly charred.
- ☐ Mix in tomatoes, onion, garlic, and chicken broth. Season with salt, sugar, cloves, oregano, and basil. Bring to a boil, and cook 20 minutes, until tomatoes are soft.
- ☐ Mix the milk and cornstarch in a small saucepan, and stir until smooth.
- ☐ Place saucepan over medium heat, and stir in remaining 1/2 teaspoon butter. Continue to cook and stir until thickened.
- ☐ Mix into the pot with vegetables.
- ☐ Strain about 1/2 the vegetables from the soup and transfer to a blender. Blend until smooth, and return to the pot. Bring soup to a boil, reduce heat to low, and simmer 5 minutes.
- ☐ Remove from heat, and let sit about 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:72.52, Glycemic Load:5.2, Inflammation Score:-10, Nutrition Score:18.3099999963512%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 130.44kcal (6.52%), Fat: 3.63g (5.58%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 17.02g (6.19%), Sugar: 12.75g (14.17%), Cholesterol: 11.69mg (3.9%), Sodium: 1643.43mg (71.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.57%), Vitamin C: 82.56mg (100.07%), Vitamin A: 2685.7IU (53.71%), Vitamin K: 31.82µg (30.3%), Manganese: 0.58mg (29.25%), Potassium: 825.89mg (23.6%), Vitamin B6: 0.37mg (18.36%), Fiber: 4.42g (17.67%), Phosphorus: 145.81mg (14.58%), Folate: 55.88µg (13.97%), Vitamin B2: 0.23mg (13.82%), Calcium: 138.21mg (13.82%), Vitamin E: 1.86mg (12.38%), Vitamin B1: 0.18mg (11.97%), Magnesium: 47.37mg (11.84%), Vitamin B3: 2.16mg (10.79%), Copper: 0.21mg (10.6%), Iron: 1.61mg (8.94%), Zinc: 0.93mg (6.21%), Vitamin B12: 0.35µg (5.91%), Vitamin B5: 0.58mg (5.84%), Vitamin D: 0.67µg (4.47%), Selenium: 2.17µg (3.1%)