

Thai Tomato Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



85 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 ounce canned tomatoes diced undrained canned
- 1.5 teaspoons canola oil
- 1 teaspoon chile paste with garlic
- 1.5 tablespoons ginger fresh minced peeled
- 2 garlic cloves minced
- 0.3 cup coconut milk light
- 6 lime wedges
- 1 cup onion chopped

- 0.3 teaspoon salt
- 2 teaspoons sugar
- 1.5 cups water

Equipment

- bowl
- frying pan
- sauce pan
- blender

Directions

- Heat oil in a large saucepan over medium-high heat.
- Add onion; saut 5 minutes or until tender.
- Add ginger and garlic; saut 2 minutes.
- Add water and tomatoes. Bring to a boil; reduce heat, and simmer 5 minutes. Stir in sugar, chile paste, and salt.
- Remove from heat; let stand 5 minutes.
- Place one-half of tomato mixture in a blender; process until smooth.
- Pour pureed tomato mixture into a large bowl. Repeat procedure with remaining tomato mixture. Return pureed mixture to pan. Stir in coconut milk; cook over medium heat 2 minutes or until thoroughly heated.
- Serve with lime wedges.

Nutrition Facts



PROTEIN 11.15% **FAT 20.39%** **CARBS 68.46%**

Properties

Glycemic Index:35.35, Glycemic Load:4.77, Inflammation Score:-5, Nutrition Score:8.0921738614207%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg, Quercetin: 5.5mg

Nutrients (% of daily need)

Calories: 85.39kcal (4.27%), Fat: 2.2g (3.38%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 16.6g (5.53%), Net Carbohydrates: 13.07g (4.75%), Sugar: 8.7g (9.67%), Cholesterol: 0mg (0%), Sodium: 285.75mg (12.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.41%), Vitamin C: 19.92mg (24.14%), Manganese: 0.3mg (14.95%), Fiber: 3.53g (14.12%), Copper: 0.28mg (14.09%), Potassium: 459.33mg (13.12%), Vitamin B6: 0.25mg (12.74%), Vitamin E: 1.88mg (12.54%), Iron: 1.92mg (10.66%), Vitamin B3: 1.72mg (8.59%), Vitamin B1: 0.12mg (8.01%), Magnesium: 31.9mg (7.98%), Vitamin K: 7.97µg (7.59%), Calcium: 61.16mg (6.12%), Folate: 24.01µg (6%), Vitamin A: 295.72IU (5.91%), Phosphorus: 55.87mg (5.59%), Vitamin B2: 0.08mg (4.83%), Vitamin B5: 0.45mg (4.49%), Zinc: 0.45mg (2.98%), Selenium: 1.17µg (1.67%)