



Tomato and Basil Soup

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 400 g canned tomatoes canned
- ☐ 2 tsp brown sugar dark
- ☐ 1 handful basil leaves fresh
- ☐ 3 cloves garlic crushed peeled
- ☐ 2 Tbs heavy cream
- ☐ 1 large onion coarsely chopped
- ☐ 2 servings salt

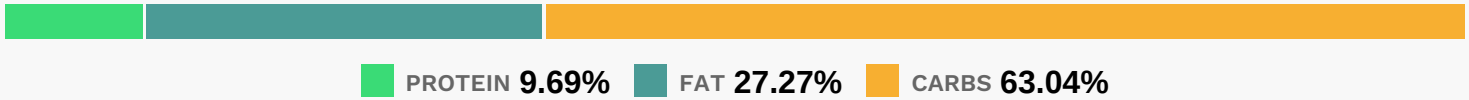
☐ 3 tablespoon a few es worcestershire sauce

Equipment

Directions

☐ Place onions, garlic, plum tomatoes, water and brown sugar into the soup maker and press the "smooth" button. Once finished (15 mins), mix in a few splashes of Worcestershire sauce and cream. Season to taste with salt and pepper. Lastly, stir in basil leaves just before serving.

Nutrition Facts



Properties

Glycemic Index:98.5, Glycemic Load:6.08, Inflammation Score:-8, Nutrition Score:14.626521878916%

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: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 15.3mg, Quercetin: 15.3mg, Quercetin: 15.3mg, Quercetin: 15.3mg

Nutrients (% of daily need)

Calories: 183.98kcal (9.2%), Fat: 6.08g (9.36%), Saturated Fat: 3.57g (22.3%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 26.42g (9.61%), Sugar: 18.12g (20.13%), Cholesterol: 16.95mg (5.65%), Sodium: 798.06mg (34.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.73%), Vitamin C: 28.94mg (35.08%), Manganese: 0.56mg (28.25%), Potassium: 940.37mg (26.87%), Iron: 4.27mg (23.7%), Copper: 0.47mg (23.41%), Vitamin B6: 0.45mg (22.71%), Fiber: 5.21g (20.84%), Vitamin E: 2.69mg (17.91%), Vitamin K: 16.03µg (15.26%), Vitamin A: 725.85IU (14.52%), Vitamin B1: 0.21mg (14.32%), Vitamin B3: 2.76mg (13.82%), Calcium: 135.57mg (13.56%), Magnesium: 54.09mg (13.52%), Phosphorus: 117.48mg (11.75%), Vitamin B2: 0.19mg (11.26%), Folate: 43.75µg (10.94%), Vitamin B5: 0.72mg (7.21%), Zinc: 0.81mg (5.43%), Selenium: 2.84µg (4.05%), Vitamin D: 0.24µg (1.6%)