



Tomato and Bean Soup



Vegetarian



Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



235 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce baked beans canned
- ☐ 2 tablespoons butter
- ☐ 16 ounce canned tomatoes whole peeled canned
- ☐ 1 teaspoon catsup
- ☐ 2 onions chopped
- ☐ 1 dash pepper sauce hot
- ☐ 4 servings salt and pepper to taste
- ☐ 1 tablespoon vegetable oil

☐ 1 cup water

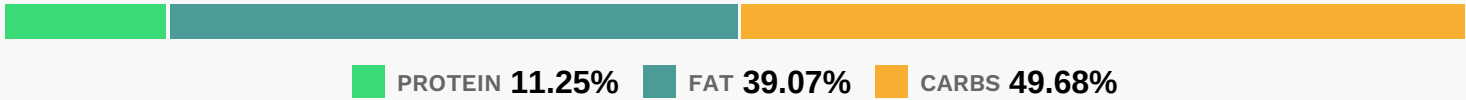
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ immersion blender

Directions

- ☐ In a small skillet over medium heat, cook onions in butter and oil until tender.
- ☐ Meanwhile, in a medium saucepan, bring water to a boil
- ☐ Pour beans and tomatoes into water. Stir cooked onions into mixture and simmer 5 minutes. Puree with the pepper sauce and ketchup in a blender or food processor, or using an immersion blender. Return to heat, season with salt and pepper, and heat through.

Nutrition Facts



Properties

Glycemic Index:29.92, Glycemic Load:7.71, Inflammation Score:-6, Nutrition Score:11.701739205614%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.74mg, Quercetin: 11.74mg, Quercetin: 11.74mg, Quercetin: 11.74mg

Nutrients (% of daily need)

Calories: 235.48kcal (11.77%), Fat: 10.93g (16.81%), Saturated Fat: 4.8g (29.98%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 23.35g (8.49%), Sugar: 5.3g (5.89%), Cholesterol: 22.49mg (7.5%), Sodium: 858.24mg (37.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Fiber: 7.92g (31.68%), Manganese: 0.54mg (27.19%), Vitamin C: 16.81mg (20.38%), Potassium: 627.26mg (17.92%), Copper: 0.34mg (16.95%), Iron: 3.03mg

(16.84%), Phosphorus: 154.32mg (15.43%), Folate: 58.12µg (14.53%), Magnesium: 55.02mg (13.75%), Vitamin B6: 0.26mg (13.11%), Zinc: 1.82mg (12.13%), Calcium: 107.91mg (10.79%), Vitamin K: 10.29µg (9.8%), Vitamin B1: 0.13mg (8.88%), Vitamin E: 1.24mg (8.27%), Selenium: 5.46µg (7.81%), Vitamin B2: 0.12mg (7.18%), Vitamin B3: 1.37mg (6.84%), Vitamin A: 315.16IU (6.3%), Vitamin B5: 0.32mg (3.16%)