



## Tomato and Garlic Soup

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



180 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 28 ounce canned tomatoes crushed peeled drained canned
- 6 cups chicken broth
- 4 servings basil fresh thinly sliced for garnish
- 4 garlic cloves minced
- 1 tablespoon olive oil extra-virgin
- 2 large onions finely chopped
- 6 tablespoons parmesan freshly grated

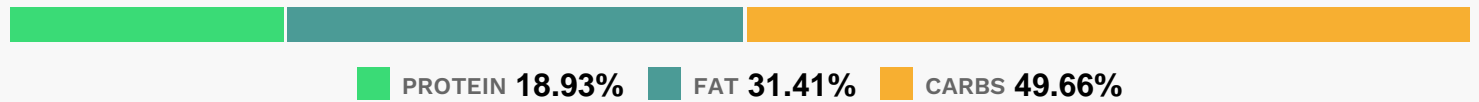
### Equipment

- bowl
- ladle
- pot

## Directions

- Heat 2 tablespoons olive oil in a heavy large pot over medium heat.
- Add onions and cook, stirring occasionally, until very tender, about 25 minutes.
- Add minced garlic and cook, stirring, for 1 minute.
- Add chicken broth, tomatoes, and 6 tablespoons of grated Parmesan cheese. Simmer soup uncovered 20 to 30 minutes, stirring occasionally. Season, to taste, with salt and pepper.
- Ladle soup into bowls.
- Sprinkle with thinly sliced basil and remaining Parmesan.

## Nutrition Facts



## Properties

Glycemic Index:48, Glycemic Load:5.97, Inflammation Score:-7, Nutrition Score:15.878260830174%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 15.28mg, Quercetin: 15.28mg, Quercetin: 15.28mg, Quercetin: 15.28mg

## Nutrients (% of daily need)

Calories: 179.92kcal (9%), Fat: 6.84g (10.52%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 19.17g (6.97%), Sugar: 13.52g (15.03%), Cholesterol: 12.15mg (4.05%), Sodium: 1693.53mg (73.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.54%), Manganese: 0.7mg (34.83%), Vitamin C: 25.1mg (30.43%), Copper: 0.46mg (23.22%), Potassium: 779.26mg (22.26%), Vitamin B6: 0.43mg (21.74%), Vitamin B2: 0.36mg (21.24%), Vitamin E: 3.18mg (21.17%), Fiber: 5.14g (20.56%), Vitamin K: 21.4µg (20.38%), Calcium: 196.63mg (19.66%), Vitamin B1: 0.27mg (17.8%), Iron: 3.18mg (17.66%), Vitamin B3: 3.34mg (16.72%), Phosphorus: 157.11mg (15.71%), Magnesium: 56.04mg (14.01%), Vitamin A: 599.56IU (11.99%), Folate: 42.02µg (10.51%), Zinc: 1.17mg (7.78%), Vitamin B5: 0.73mg (7.32%), Selenium: 5.1µg (7.28%), Vitamin B12: 0.16µg (2.68%)