



Tomato Apple Soup (Tomapple Soup)



Vegetarian



Gluten Free

READY IN



60 min.

SERVINGS



5

CALORIES



186 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 apples cored peeled chopped
- ☐ 2 tablespoons butter
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 0.5 cup carrots chopped
- ☐ 0.3 teaspoon basil dried to taste
- ☐ 1 pinch thyme leaves dried
- ☐ 3 cloves garlic minced
- ☐ 5 servings salt and ground pepper black to taste

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion chopped
- ☐ 3 ounces tomato paste to taste
- ☐ 2 cups vegetable stock

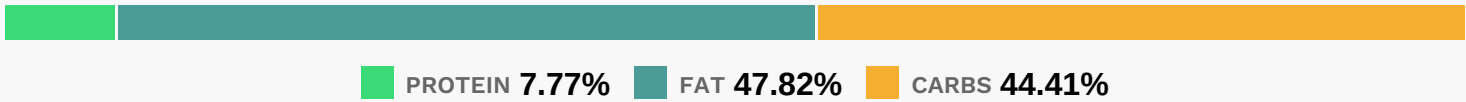
Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Melt the butter with the olive oil in a large skillet over medium-high heat. Cook the onion and garlic in the skillet until they begin to brown; add the apple, carrot, basil, and thyme; reduce heat to medium and continue cooking until the carrots are tender, about 10 minutes. Stir in the vegetable stock, tomatoes, and tomato paste; season with salt and pepper. Raise the heat to high and bring to a boil; cover and cook at least 20 minutes, stirring frequently to keep the soup from burning on the bottom.
- ☐ Pour the soup into a blender, filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Puree in batches until smooth and pour into a clean pot. Alternately, you can use a stick blender and puree the soup right in the cooking pot.

Nutrition Facts



Properties

Glycemic Index:69.17, Glycemic Load:6.63, Inflammation Score:-9, Nutrition Score:14.181304430184%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin:

0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg

Nutrients (% of daily need)

Calories: 185.78kcal (9.29%), Fat: 10.77g (16.56%), Saturated Fat: 3.76g (23.47%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 17.52g (6.37%), Sugar: 13.31g (14.79%), Cholesterol: 12.04mg (4.01%), Sodium: 766.34mg (33.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.87%), Vitamin A: 3092.13IU (61.84%), Vitamin C: 22.13mg (26.83%), Vitamin E: 3.78mg (25.23%), Manganese: 0.45mg (22.29%), Potassium: 741.78mg (21.19%), Fiber: 4.98g (19.92%), Copper: 0.38mg (19%), Vitamin B6: 0.35mg (17.5%), Vitamin K: 18.03µg (17.17%), Iron: 2.84mg (15.8%), Vitamin B3: 2.65mg (13.26%), Magnesium: 44.72mg (11.18%), Vitamin B1: 0.16mg (10.34%), Phosphorus: 82.26mg (8.23%), Calcium: 77.45mg (7.75%), Vitamin B2: 0.13mg (7.74%), Folate: 30.34µg (7.59%), Vitamin B5: 0.56mg (5.57%), Zinc: 0.64mg (4.3%), Selenium: 2.3µg (3.28%)