



Tomato-Basil Bisque



Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



47 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 leaves parmesan fresh freshly ground
- ☐ 2.5 cups buttermilk
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 2 tablespoons basil fresh chopped
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 21.5 ounce canned tomatoes undiluted canned

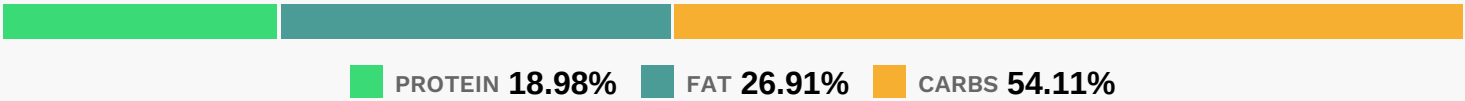
Equipment

- ☐ sauce pan

Directions

- ☐ Cook first 5 ingredients in a 3-quart saucepan over medium heat, stirring often, 6 to 8 minutes or until thoroughly heated.
- ☐ Serve immediately with desired toppings.

Nutrition Facts



Properties

Glycemic Index:15.73, Glycemic Load:2.01, Inflammation Score:-3, Nutrition Score:4.7673912981282%

Nutrients (% of daily need)

Calories: 46.98kcal (2.35%), Fat: 1.53g (2.36%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 5.64g (2.05%), Sugar: 4.95g (5.5%), Cholesterol: 4.45mg (1.48%), Sodium: 132.9mg (5.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.87%), Vitamin C: 6.31mg (7.65%), Potassium: 254.64mg (7.28%), Calcium: 70.54mg (7.05%), Copper: 0.14mg (6.8%), Manganese: 0.13mg (6.67%), Vitamin B2: 0.1mg (6.16%), Vitamin E: 0.88mg (5.87%), Vitamin B6: 0.12mg (5.85%), Phosphorus: 56.44mg (5.64%), Fiber: 1.31g (5.22%), Iron: 0.91mg (5.05%), Vitamin B1: 0.07mg (4.67%), Vitamin K: 4.89µg (4.66%), Vitamin A: 227.05IU (4.54%), Magnesium: 17.86mg (4.47%), Vitamin B3: 0.87mg (4.35%), Vitamin D: 0.52µg (3.47%), Vitamin B5: 0.34mg (3.42%), Vitamin B12: 0.18µg (3.08%), Folate: 11.04µg (2.76%), Selenium: 1.91µg (2.72%), Zinc: 0.34mg (2.27%)