



## Tomato-Basil Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



83 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 cups less-sodium chicken broth fat-free
- 2 cups basil leaves fresh thinly sliced
- 3 garlic cloves minced
- 43.5 ounce no-salt-added tomatoes diced undrained canned
- 2 teaspoons olive oil
- 0.8 teaspoon salt

### Equipment

- bowl

sauce pan

blender

## Directions

Heat oil in a large saucepan over medium heat.

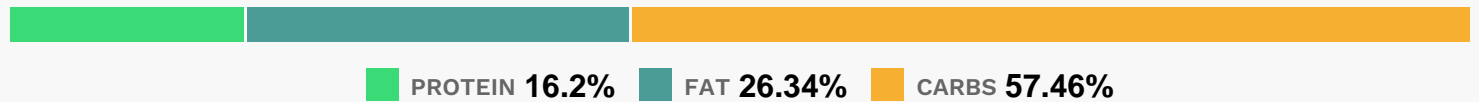
Add garlic; cook 30 seconds, stirring constantly. Stir in the broth, salt, and tomatoes; bring to a boil. Reduce heat; simmer 20 minutes. Stir in basil.

Place half of the soup in a blender; process until smooth.

Pour pureed soup into a bowl, and repeat procedure with remaining soup.

Garnish with basil leaves, if desired.

## Nutrition Facts



## Properties

Glycemic Index:25, Glycemic Load:0.3, Inflammation Score:-7, Nutrition Score:14.989565279173%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 83.01kcal (4.15%), Fat: 2.78g (4.27%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 10.31g (3.75%), Sugar: 7.65g (8.5%), Cholesterol: 0mg (0%), Sodium: 1164.08mg (50.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.69%), Vitamin K: 59.98µg (57.13%), Vitamin C: 31.53mg (38.22%), Manganese: 0.43mg (21.63%), Vitamin B6: 0.41mg (20.63%), Iron: 3.66mg (20.35%), Vitamin A: 993.91IU (19.88%), Potassium: 675.21mg (19.29%), Vitamin E: 2.48mg (16.55%), Vitamin B3: 3.27mg (16.35%), Copper: 0.3mg (14.92%), Fiber: 3.32g (13.29%), Calcium: 127.99mg (12.8%), Vitamin B2: 0.22mg (12.76%), Magnesium: 43.87mg (10.97%), Vitamin B1: 0.16mg (10.62%), Phosphorus: 87.47mg (8.75%), Folate: 34.59µg (8.65%), Selenium: 4.41µg (6.3%), Vitamin B5: 0.61mg (6.07%), Vitamin B12: 0.34µg (5.67%), Zinc: 0.59mg (3.93%)