



Tomato Basil Soup

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



253 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 baby carrots thinly sliced
- 6 tablespoons butter
- 8 ounce tomato sauce canned (such as Hunt's®)
- 2 stalks celery thinly sliced
- 1.3 cups chicken broth
- 2 tablespoons basil fresh chopped
- 3 cloves garlic chopped
- 8 servings salt and ground pepper black to taste

- 1.5 cups heavy whipping cream
- 1 onion thinly sliced
- 1 tablespoon oregano fresh chopped

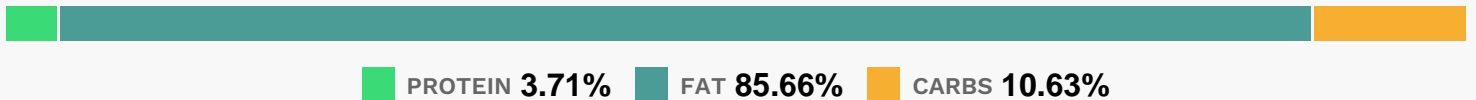
Equipment

- pot
- blender

Directions

- Melt butter in a large pot over medium-low heat; cook and stir onion, carrots, celery, and garlic until vegetables are tender, about 10 minutes. Stir in both amounts of tomato sauce, chicken broth, basil, and oregano. Increase heat to medium and simmer until soup is reduced, 10 to 20 minutes.
- Pour soup into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend.
- Add cream. Continue to puree in batches until smooth, transferring creamy soup to another pot.
- Heat soup over medium-high heat until hot, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:36.38, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:8.1213042891544%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

Nutrients (% of daily need)

Calories: 253.18kcal (12.66%), Fat: 24.88g (38.28%), Saturated Fat: 15.7g (98.15%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 5.26g (1.91%), Sugar: 4.12g (4.58%), Cholesterol: 73.74mg (24.58%), Sodium: 373.73mg (16.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.85%), Vitamin A: 3710.32IU (74.21%), Vitamin K: 13.85µg (13.19%), Vitamin B2: 0.15mg (8.75%), Manganese: 0.17mg (8.63%), Vitamin E: 1.23mg (8.18%), Potassium: 241.42mg (6.9%), Fiber: 1.69g (6.74%), Calcium: 63.92mg (6.39%), Vitamin C: 4.52mg (5.48%), Vitamin B6: 0.11mg (5.44%), Phosphorus: 52.25mg (5.22%), Vitamin D: 0.71µg (4.76%), Iron: 0.83mg (4.64%), Folate: 17.8µg (4.45%), Copper: 0.08mg (4.06%), Magnesium: 14.76mg (3.69%), Vitamin B5: 0.35mg (3.48%), Selenium: 2.23µg (3.19%), Vitamin B3: 0.59mg (2.95%), Vitamin B1: 0.04mg (2.78%), Zinc: 0.31mg (2.05%), Vitamin B12: 0.1µg (1.61%)