



Tomato-Basil Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



166 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup carrots finely chopped
- ☐ 0.5 cup onion finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 6 cups tomatoes peeled seeded chopped
- ☐ 8 oz tomato sauce canned
- ☐ 0.3 cup basil dried fresh thinly sliced
- ☐ 0.5 teaspoon sugar

- ☐ 0.3 teaspoon salt
- ☐ 1 Dash pepper

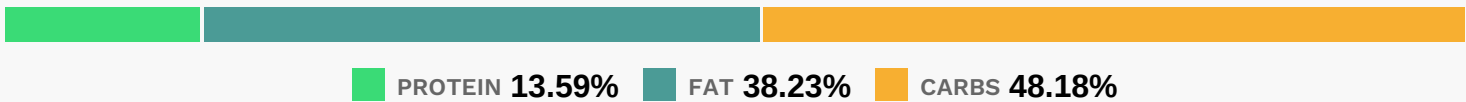
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, heat oil over medium heat. Cook carrots, onion and garlic in oil about 10 minutes, stirring occasionally, until tender but not browned.
- ☐ Stir in tomatoes. Cook uncovered about 10 minutes, stirring occasionally, until heated through.
- ☐ Stir in remaining ingredients. Cook uncovered about 10 minutes, stirring occasionally, until hot.

Nutrition Facts



Properties

Glycemic Index:72.23, Glycemic Load:4.6, Inflammation Score:-10, Nutrition Score:31.836521749911%

Flavonoids

Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

Nutrients (% of daily need)

Calories: 166.07kcal (8.3%), Fat: 8.08g (12.44%), Saturated Fat: 1.46g (9.1%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 13.01g (4.73%), Sugar: 10.26g (11.4%), Cholesterol: 0mg (0%), Sodium: 448.49mg (19.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.93%), Vitamin K: 287.51µg (273.82%), Vitamin A: 4890.84IU (97.82%), Manganese: 1.83mg (91.47%), Iron: 14.53mg (80.75%), Vitamin C: 37.36mg (45.29%), Fiber: 9.92g (39.67%), Calcium: 372.95mg (37.3%), Magnesium: 142.38mg (35.59%), Potassium: 1170.76mg (33.45%), Vitamin E: 4.27mg (28.48%), Copper: 0.53mg (26.27%), Vitamin B6: 0.49mg (24.4%), Folate: 91.33µg (22.83%), Vitamin B2: 0.27mg (16.02%), Vitamin B3: 2.8mg (14%), Phosphorus: 122.05mg (12.21%), Zinc: 1.64mg (10.91%), Vitamin B1: 0.13mg (8.63%), Vitamin B5: 0.57mg (5.71%), Selenium: 1.01µg (1.44%)