



Tomato-Basil Soup

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



58 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 inch diagonally bread baguette french cut
- ☐ 0.3 cup basil leaves fresh
- ☐ 1 cup milk 1% low-fat
- ☐ 0.3 teaspoon cracked pepper black
- ☐ 0.3 teaspoon salt
- ☐ 4 cups tomatoes peeled seeded chopped (4 large)
- ☐ 4 cups sacramento tomato juice low-sodium

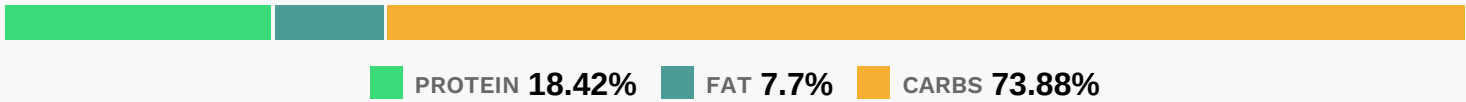
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ blender

Directions

- ☐ Bring tomato and juice to a boil in a large saucepan. Reduce heat; simmer, uncovered, 30 minutes.
- ☐ Place tomato mixture and basil in a blender or food processor; process until smooth. Return pureed mixture to pan; stir in milk, salt, and pepper.
- ☐ Add cream cheese, stirring well with a whisk, and cook over medium heat until thick (about 5 minutes). Ladle soup into individual bowls; garnish with sliced basil, if desired.
- ☐ Serve with bread.
- ☐ NOTE: Refrigerate remaining soup in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:1.8, Inflammation Score:-7, Nutrition Score:9.4586956397347%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 57.61kcal (2.88%), Fat: 0.56g (0.87%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 10.38g (3.78%), Sugar: 8.72g (9.69%), Cholesterol: 1.48mg (0.49%), Sodium: 273.99mg (11.91%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin C: 33.58mg (40.7%), Vitamin A: 798.09IU (15.96%), Potassium: 556.33mg (15.9%), Vitamin B6: 0.29mg (14.45%), Manganese: 0.21mg (10.66%), Vitamin K: 10.62µg (10.11%), Iron: 1.77mg (9.84%), Folate: 36.26µg (9.07%), Calcium: 90.2mg (9.02%), Vitamin B3: 1.79mg (8.93%), Vitamin B1: 0.13mg (8.9%), Vitamin B2: 0.15mg (8.77%), Copper: 0.16mg (8.19%), Vitamin E: 1.22mg (8.15%), Magnesium: 31.37mg (7.84%), Phosphorus: 77.35mg (7.74%), Fiber: 1.77g (7.07%), Vitamin B5: 0.57mg (5.65%), Zinc: 0.5mg (3.33%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.32µg (2.16%), Selenium: 1.48µg (2.11%)