



Tomato-Basil Soup

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



51 kcal

SOUP

Ingredients

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

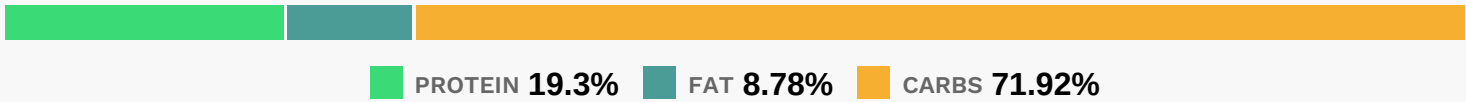
Equipment

- ☐ 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:28.75, Glycemic Load:2.56, Inflammation Score:0, Nutrition Score:8.6582608430282%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 50.62kcal (2.53%), Fat: 0.56g (0.86%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 8.79g (3.2%), Sugar: 7.82g (8.69%), Cholesterol: 1.48mg (0.49%), Sodium: 106.11mg (4.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Vitamin C: 32.62mg (39.54%), Vitamin A: 1278.27IU

(25.57%), Potassium: 507.29mg (14.49%), Vitamin K: 13.02µg (12.4%), Vitamin B6: 0.22mg (10.77%), Manganese: 0.21mg (10.28%), Folate: 37.84µg (9.46%), Phosphorus: 72.43mg (7.24%), Vitamin B1: 0.11mg (7.14%), Vitamin B3: 1.37mg (6.87%), Magnesium: 26.37mg (6.59%), Copper: 0.13mg (6.25%), Calcium: 60.45mg (6.04%), Fiber: 1.46g (5.85%), Vitamin B2: 0.1mg (5.72%), Vitamin E: 0.81mg (5.39%), Vitamin B5: 0.49mg (4.9%), Iron: 0.81mg (4.49%), Zinc: 0.46mg (3.05%), Vitamin B12: 0.18µg (3%), Vitamin D: 0.32µg (2.16%), Selenium: 1.36µg (1.94%)