

Tomato Basil Soup I



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



86 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bay leaf
- ☐ 1 quart chicken broth
- ☐ 2 teaspoons basil dried
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 0.3 cup cooking wine dry white
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon olive oil

- ☐ 0.3 cup onion minced
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.3 cup tomato paste
- ☐ 1 cup tomatoes diced

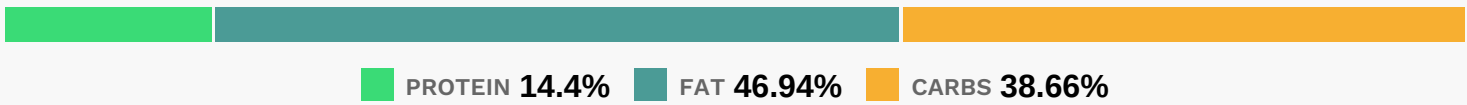
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan over medium heat, cook garlic and onion in oil until onion is translucent. Stir in tomato paste and cook until the color is rusty.
- ☐ Pour in chicken broth, and stir in tomatoes, basil, marjoram, oregano, thyme, bay leaf and wine. Bring to a boil, then reduce heat and simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:1.88, Inflammation Score:-6, Nutrition Score:6.4991304641185%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg, Quercetin: 2.28mg

Nutrients (% of daily need)

Calories: 85.5kcal (4.27%), Fat: 4.2g (6.46%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 6.19g (2.25%), Sugar: 4.59g (5.1%), Cholesterol: 4.73mg (1.58%), Sodium: 1010.89mg (43.95%), Alcohol: 1.54g (100%), Alcohol %: 0.61% (100%), Protein: 2.9g (5.8%), Vitamin K: 17.01µg (16.2%), Manganese: 0.32mg (15.83%), Vitamin C: 9.94mg (12.05%), Vitamin A: 574.67IU (11.49%), Vitamin B2: 0.19mg (10.9%), Vitamin E: 1.59mg

(10.57%), Potassium: 343.51mg (9.81%), Iron: 1.42mg (7.86%), Copper: 0.14mg (6.9%), Vitamin B3: 1.31mg (6.57%), Fiber: 1.58g (6.34%), Vitamin B6: 0.11mg (5.6%), Vitamin B1: 0.08mg (5.5%), Magnesium: 20.25mg (5.06%), Phosphorus: 41.57mg (4.16%), Calcium: 39.73mg (3.97%), Selenium: 2.12µg (3.02%), Folate: 11.66µg (2.91%), Zinc: 0.43mg (2.84%), Vitamin B5: 0.11mg (1.11%)