



## Tomato Basil Soup II



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 3 cups chicken broth
- ☐ 0.3 cup basil leaves fresh
- ☐ 2 teaspoons garlic salt
- ☐ 0.3 cup olive oil
- ☐ 4 pounds tomatoes chopped
- ☐ 3 tablespoons vinegar

### Equipment

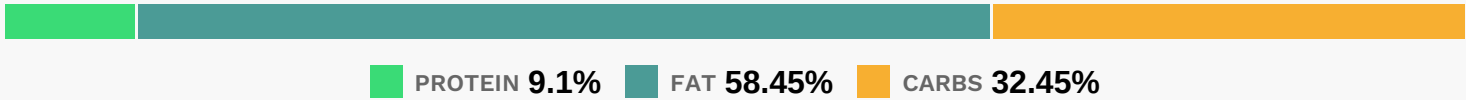
- ☐ food processor

☐ blender

## Directions

- ☐ In a blender or food processor, combine tomatoes, basil, vinegar and garlic salt. Puree until smooth.
- ☐ Transfer to a serving dish and stir in broth and olive oil. Chill in refrigerator until cold.

## Nutrition Facts



## Properties

Glycemic Index:39.5, Glycemic Load:4.65, Inflammation Score:-10, Nutrition Score:20.036521857199%

## Flavonoids

Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg, Naringenin: 3.08mg 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: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

## Nutrients (% of daily need)

Calories: 214.18kcal (10.71%), Fat: 14.79g (22.75%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 18.48g (6.16%), Net Carbohydrates: 13g (4.73%), Sugar: 12.7g (14.11%), Cholesterol: 3.53mg (1.17%), Sodium: 1839.9mg (80%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.37%), Vitamin A: 3887.45IU (77.75%), Vitamin C: 62.5mg (75.76%), Vitamin K: 52.26µg (49.77%), Potassium: 1113.25mg (31.81%), Manganese: 0.63mg (31.54%), Vitamin E: 4.48mg (29.87%), Fiber: 5.48g (21.9%), Vitamin B6: 0.37mg (18.3%), Folate: 69.4µg (17.35%), Vitamin B3: 3.1mg (15.49%), Copper: 0.3mg (15.17%), Vitamin B1: 0.21mg (13.7%), Magnesium: 53.09mg (13.27%), Phosphorus: 117.51mg (11.75%), Vitamin B2: 0.19mg (11.28%), Iron: 1.5mg (8.34%), Zinc: 0.91mg (6.1%), Calcium: 57.52mg (5.75%), Vitamin B5: 0.42mg (4.24%), Selenium: 0.77µg (1.11%)