



Tomato-Basil Soup with Grilled Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



112 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 tsp pepper black
- 28 oz canned tomatoes diced undrained canned
- 1 small carrots finely chopped
- 1 stalk celery finely chopped
- 2 recipes america's favorite grilled cheese sandwich recipe
- 4 oz philadelphia cream cheese cubed ()
- 2 cups chicken broth fat-free reduced-sodium
- 0.3 cup basil fresh divided chopped

- 1 tsp oil
- 1 onion finely chopped
- 1 cup water

Equipment

- bowl
- sauce pan
- ladle
- immersion blender

Directions

- Heat oil in large saucepan on medium-high heat.
- Add onions, carrots and celery; cook and stir 5 min. Stir in broth and water. Bring to boil; cover. Simmer 10 min. or until vegetables are tender.
- Add tomatoes and pepper; stir. Return to boil. Simmer 5 min. Stir in cream cheese and 1/4 cup basil.
- Remove from heat. Use immersion blender to blend soup until smooth. Return to heat; cover. Keep warm on low heat while you prepare America's Favorite Grilled Cheese Sandwiches.
- Cut each sandwich into 6 pieces. Ladle soup into 6 bowls; sprinkle with remaining basil. Top each soup bowl with 2 sandwich pieces.
- Serve immediately.

Nutrition Facts



PROTEIN 10.27% **FAT 58.59%** **CARBS 31.14%**

Properties

Glycemic Index:43.64, Glycemic Load:0.97, Inflammation Score:-8, Nutrition Score:8.3004347971114%

Flavonoids

Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin:

0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg, Quercetin: 4.43mg

Nutrients (% of daily need)

Calories: 111.78kcal (5.59%), Fat: 7.72g (11.88%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 7.23g (2.63%), Sugar: 5.24g (5.82%), Cholesterol: 19.42mg (6.47%), Sodium: 574.03mg (24.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.09%), Vitamin A: 1887.62IU (37.75%), Vitamin C: 14.54mg (17.62%), Vitamin K: 12.19µg (11.61%), Potassium: 371.45mg (10.61%), Vitamin B6: 0.21mg (10.42%), Manganese: 0.18mg (8.84%), Vitamin B2: 0.15mg (8.71%), Vitamin E: 1.28mg (8.54%), Iron: 1.53mg (8.48%), Fiber: 2.01g (8.05%), Calcium: 77.68mg (7.77%), Vitamin B3: 1.52mg (7.58%), Copper: 0.13mg (6.68%), Phosphorus: 65.73mg (6.57%), Vitamin B1: 0.09mg (5.67%), Magnesium: 21.84mg (5.46%), Folate: 21.27µg (5.32%), Selenium: 3.65µg (5.21%), Vitamin B5: 0.42mg (4.21%), Vitamin B12: 0.2µg (3.27%), Zinc: 0.38mg (2.53%)