



Tomato Bisque

 Vegetarian

READY IN



26 min.

SERVINGS



8

CALORIES



151 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 56 oz tomatoes crushed canned
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 14.5 oz chicken broth low-sodium canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 cup half-and-half
- ☐ 8 servings salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted

☐ 1 onion yellow finely chopped

Equipment

☐ frying pan

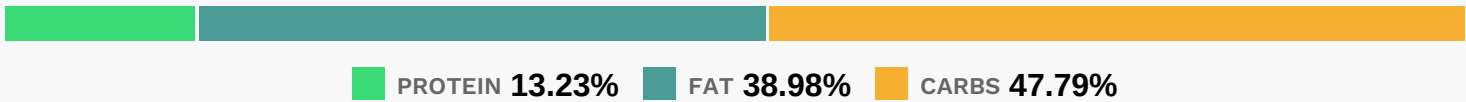
☐ sauce pan

☐ pot

Directions

- ☐ Melt butter in a large saucepan over medium heat.
- ☐ Add onion and sugar and cook until onion is soft and golden, 3 to 5 minutes. Stir in flour and cook, stirring constantly, 1 minute.
- ☐ Slowly pour broth into pan, scraping brown bits from bottom. Stir in tomatoes. Bring to a boil, lower heat and simmer until soup has thickened, about 15 minutes.
- ☐ Puree mixture in batches and return to pot. Stir in half-and-half and cayenne pepper. Season with salt.
- ☐ Heat through and serve.

Nutrition Facts



Properties

Glycemic Index:30.26, Glycemic Load:5.92, Inflammation Score:-6, Nutrition Score:11.742173888113%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 151.33kcal (7.57%), Fat: 7.22g (11.11%), Saturated Fat: 4.11g (25.66%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 15.87g (5.77%), Sugar: 12.14g (13.49%), Cholesterol: 18.11mg (6.04%), Sodium: 490.59mg (21.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.03%), Vitamin C: 19.59mg (23.75%), Copper: 0.4mg (19.99%), Potassium: 688.82mg (19.68%), Manganese: 0.39mg (19.48%), Vitamin E: 2.66mg (17.73%), Vitamin B6: 0.34mg (16.82%), Vitamin B3: 3.24mg (16.2%), Fiber: 4.05g (16.19%), Iron: 2.78mg (15.46%), Vitamin A: 647.49IU

(12.95%), Vitamin B1: 0.17mg (11.46%), Phosphorus: 113.68mg (11.37%), Magnesium: 44.98mg (11.24%), Vitamin B2: 0.19mg (11.04%), Vitamin K: 11.26µg (10.73%), Calcium: 106.27mg (10.63%), Folate: 31.2µg (7.8%), Vitamin B5: 0.66mg (6.64%), Zinc: 0.74mg (4.94%), Selenium: 2.6µg (3.71%), Vitamin B12: 0.11µg (1.91%)