

Tomato Bisque III

 Vegetarian

READY IN



55 min.

SERVINGS



4

CALORIES



296 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 1 carrots finely chopped
- 1 stalk celery finely chopped
- 4 cups chicken broth
- 29 ounce tomatoes diced fire roasted drained canned
- 3 tablespoons flour all-purpose
- 2 cloves garlic minced
- 0.3 teaspoon ground nutmeg

- 0.3 cup heavy cream
- 1 small onion finely chopped
- 4 servings salt and pepper black to taste
- 3 tablespoons tomato paste
- 3 tablespoons sugar white

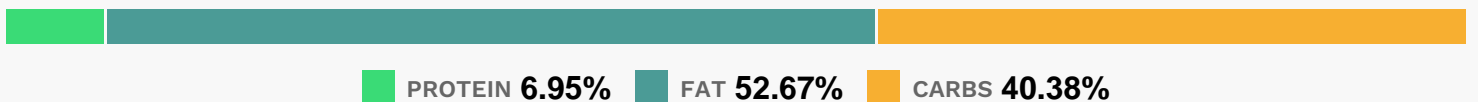
Equipment

- sauce pan
- blender
- kitchen towels

Directions

- Melt the butter in a large saucepan over medium heat. Stir in the onion, celery, carrot, and garlic. Cook and stir until the vegetables are tender and beginning to brown, about 8 minutes. Stir in the flour and cook 1 minute longer, stirring constantly.
- Stir in the tomato paste, chicken broth, tomatoes, sugar, and nutmeg. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer 15 minutes until the vegetables are very tender.
- Pour half to three-quarters of the soup into a blender—depending on how chunky you want it—filling the pitcher no more than halfway full. Hold down the lid of the blender with a folded kitchen towel, and carefully start the blender, using a few quick pulses to get the soup moving before leaving it on to puree. Alternately, you can use a stick blender and puree the soup in the saucepan.
- Return the pureed soup to the saucepan and stir in the cream. Cook over medium heat until the soup is hot. Season with salt and pepper to taste before serving.

Nutrition Facts



Properties

Glycemic Index:111.48, Glycemic Load:11.25, Inflammation Score:-10, Nutrition Score:10.298695553904%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 296.18kcal (14.81%), Fat: 17.63g (27.13%), Saturated Fat: 10.82g (67.59%), Carbohydrates: 30.42g (10.14%), Net Carbohydrates: 27.25g (9.91%), Sugar: 18.31g (20.34%), Cholesterol: 52.01mg (17.34%), Sodium: 1591.9mg (69.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.47%), Vitamin A: 4176.22IU (83.52%), Vitamin B2: 0.24mg (14.13%), Manganese: 0.27mg (13.35%), Fiber: 3.17g (12.67%), Vitamin C: 9.39mg (11.39%), Iron: 2.05mg (11.38%), Calcium: 105.66mg (10.57%), Vitamin B1: 0.13mg (8.54%), Potassium: 294.56mg (8.42%), Vitamin E: 1.21mg (8.08%), Vitamin K: 7.89µg (7.52%), Vitamin B3: 1.45mg (7.23%), Selenium: 4.48µg (6.4%), Folate: 22.72µg (5.68%), Copper: 0.11mg (5.63%), Phosphorus: 52.84mg (5.28%), Vitamin B6: 0.1mg (5.11%), Magnesium: 15.24mg (3.81%), Zinc: 0.43mg (2.86%), Vitamin B5: 0.21mg (2.13%), Vitamin D: 0.24µg (1.59%), Vitamin B12: 0.09µg (1.58%)