



## Tomato Bisque With Garlic Croutons

READY IN



40 min.

SERVINGS



8

CALORIES



528 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons add carrot and onion to bacon fat . cook
- 0.5 tablespoon basil chopped
- 2 tablespoons basil minced
- 5 ounce alouette garlic & herbs spreadable cheese (Boursin)
- 2 rib celery stalks diced
- 2 cups chicken stock see
- 8 servings chives chopped (to garnish)
- 1 loaf crusty baguette diced french
- 1 tablespoon sea salt

- 2 cups cup heavy whipping cream
- 5 tablespoons olive oil
- 1 small onion diced
- 0.5 tablespoon parsley chopped
- 0.5 tablespoon rosemary chopped
- 8 servings salt and pepper
- 0.5 tablespoon thyme leaves chopped
- 2 cups sacramento tomato juice
- 0.5 cup tomato paste
- 4 small tomatoes diced
- 2 cups vegetable juice

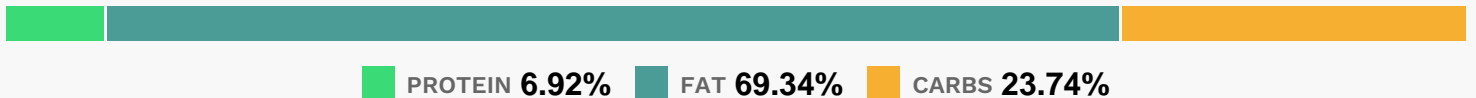
## Equipment

- bowl
- pot

## Directions

- For the Tomato Bisque: In a large soup pot melt bacon fat, add onions and celery. Cook onions and celery until translucent, do not brown.
- Add tomatoes, basil and cook for 2 minutes.
- Add tomato juice, V-8 juice, tomato paste, chicken stock and simmer 15 minutes.
- Add heavy cream and bring back to a boil. Turn off heat and add the tub of cheese.
- Add salt and pepper to taste.For the Garlic Croutons: In a large bowl, mix all ingredients together.
- Place soup in bowl, add croutons in soup and garnish with chives.

## Nutrition Facts



## Properties

Glycemic Index:78.14, Glycemic Load:13.73, Inflammation Score:-9, Nutrition Score:15.984347835831%

## Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

## Nutrients (% of daily need)

Calories: 528.1kcal (26.4%), Fat: 41.7g (64.16%), Saturated Fat: 20.14g (125.88%), Carbohydrates: 32.13g (10.71%), Net Carbohydrates: 29.13g (10.59%), Sugar: 11.92g (13.24%), Cholesterol: 91.62mg (30.54%), Sodium: 834.33mg (36.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.71%), Vitamin C: 41.79mg (50.66%), Vitamin A: 2400.03IU (48%), Vitamin K: 24.02µg (22.88%), Potassium: 723.56mg (20.67%), Vitamin E: 3.1mg (20.66%), Vitamin B2: 0.32mg (19.06%), Vitamin B1: 0.28mg (18.7%), Vitamin B3: 3.63mg (18.16%), Manganese: 0.33mg (16.62%), Folate: 64.42µg (16.1%), Iron: 2.61mg (14.49%), Selenium: 9.83µg (14.04%), Vitamin B6: 0.26mg (13.13%), Phosphorus: 124.21mg (12.42%), Fiber: 3g (12%), Calcium: 108.94mg (10.89%), Copper: 0.22mg (10.84%), Magnesium: 36.85mg (9.21%), Vitamin D: 1.04µg (6.93%), Zinc: 0.82mg (5.47%), Vitamin B5: 0.51mg (5.12%), Vitamin B12: 0.1µg (1.59%)