



Tomato Blue Cheese Soup

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



280 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cheese blue crumbled
- ☐ 14.5 ounce canned tomatoes diced canned
- ☐ 4 ounce cream cheese softened
- ☐ 2 teaspoons basil dried
- ☐ 2 cloves garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup heavy cream
- ☐ 0.3 cup milk

- ☐ 1 teaspoon granular no-calorie sucralose sweetener splenda® such as
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 large onion red chopped
- ☐ 1.5 cups sacramento tomato juice

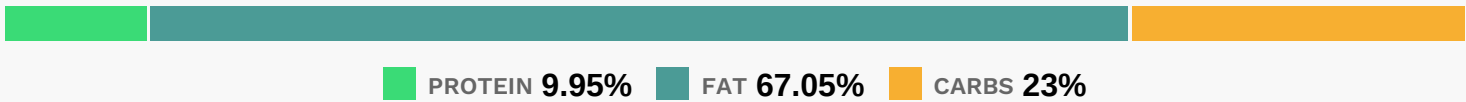
Equipment

- ☐ sauce pan

Directions

- ☐ Heat the olive oil in a saucepan over medium heat. Stir in the garlic, bell pepper, and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the blue cheese, cream cheese, heavy cream, and milk.
- ☐ Heat until the cheese is melted and the mixture is simmering, 5 to 7 minutes.
- ☐ Stir in the diced tomatoes, tomato juice, basil, sweetener, and pepper. Continue to cook and stir until the soup is heated through, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:83.08, Glycemic Load:4.54, Inflammation Score:-9, Nutrition Score:15.59869555805%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 279.78kcal (13.99%), Fat: 21.96g (33.78%), Saturated Fat: 11.57g (72.3%), Carbohydrates: 16.95g (5.65%), Net Carbohydrates: 13.87g (5.04%), Sugar: 11.24g (12.49%), Cholesterol: 53.6mg (17.87%), Sodium: 342.38mg (14.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.67%), Vitamin C: 51.04mg (61.87%), Vitamin A: 1907.32IU (38.15%), Vitamin K: 20.71µg (19.73%), Vitamin B6: 0.39mg (19.39%), Potassium: 676.01mg (19.31%),

Vitamin E: 2.84mg (18.94%), Manganese: 0.38mg (18.81%), Calcium: 162.07mg (16.21%), Vitamin B2: 0.25mg (14.92%), Phosphorus: 147mg (14.7%), Copper: 0.28mg (13.82%), Iron: 2.4mg (13.34%), Folate: 49.26µg (12.31%), Fiber: 3.08g (12.31%), Magnesium: 45.01mg (11.25%), Vitamin B3: 2.23mg (11.17%), Vitamin B1: 0.16mg (10.48%), Vitamin B5: 1mg (9.98%), Selenium: 5.57µg (7.96%), Zinc: 0.99mg (6.61%), Vitamin B12: 0.27µg (4.52%), Vitamin D: 0.45µg (2.99%)