



Tomato Bread Soup: Pappa al Pomodoro

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup torn basil leaves fresh
- ☐ 4 servings pepper black freshly ground
- ☐ 0.8 pound day-old peasant bread italian roughly sliced
- ☐ 1 garlic clove thinly sliced
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 small onion chopped
- ☐ 4 servings parmigiano-reggiano grated
- ☐ 2 pounds tomatoes fresh peeled seeded roughly chopped
- ☐ 2 cups water

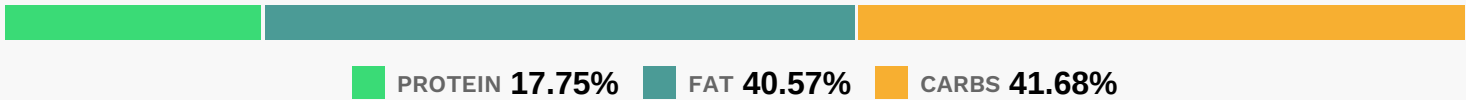
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ In a 12-inch saute pan, heat the olive oil over a medium-high flame until hot but not smoking.
- ☐ Add the onion and garlic and saute for a few minutes, until onion is translucent.
- ☐ Add chopped tomatoes and their juices and bring to a boil. Reduce to a simmer and let cook until the tomatoes begin to soften and break down, about 5 minutes.
- ☐ Using a wooden spoon, add the stale bread chunks and water. Continue simmering until all the bread has absorbed as much liquid as possible, yielding a baby food-like consistency.
- ☐ Add the garlic and stir in the basil. Season, to taste, with pepper.
- ☐ Let the soup continue simmering for 10 more minutes, then serve immediately in warmed soup bowls.
- ☐ Garnish, to taste, with Parmigiano-Reggiano.

Nutrition Facts



Properties

Glycemic Index:70.67, Glycemic Load:24.77, Inflammation Score:-9, Nutrition Score:27.542608551357%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 494.02kcal (24.7%), Fat: 22.62g (34.8%), Saturated Fat: 7.04g (44%), Carbohydrates: 52.29g (17.43%), Net Carbohydrates: 45.73g (16.63%), Sugar: 11.85g (13.16%), Cholesterol: 20.4mg (6.8%), Sodium: 901.43mg (39.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.52%), Manganese: 1.4mg (69.75%), Vitamin K: 54.06µg (51.49%), Calcium: 504.29mg (50.43%), Vitamin A: 2442.68IU (48.85%), Selenium: 31.46µg (44.94%), Vitamin C: 33.85mg (41.03%), Phosphorus: 382.08mg (38.21%), Vitamin B3: 6.26mg (31.32%), Vitamin B1: 0.46mg (30.46%), Folate: 115.86µg (28.96%), Fiber: 6.56g (26.23%), Iron: 4.23mg (23.49%), Vitamin B2: 0.37mg (21.61%), Potassium: 732.72mg (20.93%), Vitamin E: 3.02mg (20.12%), Magnesium: 80.15mg (20.04%), Vitamin B6: 0.34mg (17.15%), Copper: 0.32mg (16.09%), Zinc: 2.2mg (14.63%), Vitamin B5: 1.08mg (10.75%), Vitamin B12: 0.36µg (6%)