



Tomato Cold Soup with Parmesan Cheese Ice Cream

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



230 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground to taste
- 0.3 cup cup heavy whipping cream
- 6 leaves basil fresh julienned
- 2 cups olive oil extra-virgin or as needed
- 0.5 cup parmesan cheese freshly grated
- 18 plum tomatoes chopped
- 6 servings salt to taste

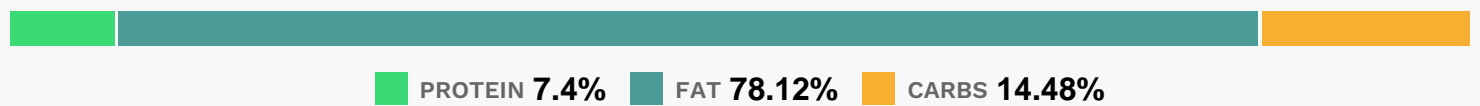
Equipment

- food processor
- bowl
- sauce pan
- pot
- sieve
- blender

Directions

- Place the tomatoes and basil into a large pot or bowl. Use a stick blender, food processor, or blender to puree the tomatoes and basil together. Gradually blend in the oil to form a good emulsion. If pureeing the mixture in smaller batches, add a bit of oil to each one. Season with salt and ground black pepper, but remember, the Parmesan ice cream will be salty.
- Place the tomato preparation in the refrigerator while the ice cream is prepared.
- Heat the cream in a small saucepan over medium heat. Stir in the Parmesan cheese, and continue to cook and stir until the cheese is melted, and the mixture is uniform. Season with a dash of freshly ground black pepper, and remove to a small bowl to cool. This will temper the mixture, so it will freeze more smoothly and evenly. When the cheese mixture has cooled a bit, place it in the freezer.
- Take the tomato mixture from the refrigerator, and pass it through a chinois, food mill or strainer with medium holes to remove bits of peel and seeds. The result should be a creamy liquid, not a tomato juice.
- Serve the cold soup in small bowls or large cups. Make little balls with the frozen cheese using a dessert spoon.
- Place a little ball of the Parmesan ice cream into each bowl just before serving.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:1.92, Inflammation Score:-8, Nutrition Score:9.9717392040336%

Flavonoids

Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 229.94kcal (11.5%), Fat: 20.69g (31.83%), Saturated Fat: 5.61g (35.08%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 6.36g (2.31%), Sugar: 5.19g (5.77%), Cholesterol: 18.46mg (6.15%), Sodium: 351.93mg (15.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin A: 1794.16IU (35.88%), Vitamin C: 25.63mg (31.07%), Vitamin K: 26.06µg (24.82%), Vitamin E: 3.22mg (21.45%), Potassium: 468.56mg (13.39%), Manganese: 0.24mg (11.91%), Phosphorus: 103.66mg (10.37%), Calcium: 100.4mg (10.04%), Fiber: 2.27g (9.06%), Vitamin B6: 0.16mg (8%), Folate: 29.15µg (7.29%), Magnesium: 24.57mg (6.14%), Copper: 0.12mg (5.88%), Vitamin B3: 1.12mg (5.62%), Vitamin B2: 0.08mg (4.9%), Vitamin B1: 0.07mg (4.89%), Zinc: 0.71mg (4.71%), Selenium: 3.22µg (4.6%), Iron: 0.66mg (3.65%), Vitamin B5: 0.22mg (2.2%), Vitamin B12: 0.13µg (2.14%), Vitamin D: 0.2µg (1.34%)