



Tomato-Fennel Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



79 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon vegetable oil
- 3 cups fennel bulb fresh chopped
- 1 cup onion chopped
- 1 clove garlic finely chopped
- 28 oz canned tomatoes whole organic peeled undrained canned
- 1.8 cups chicken broth reduced-sodium (from 32-oz carton)
- 0.3 teaspoon coarse salt (kosher or sea salt)
- 0.1 teaspoon pepper

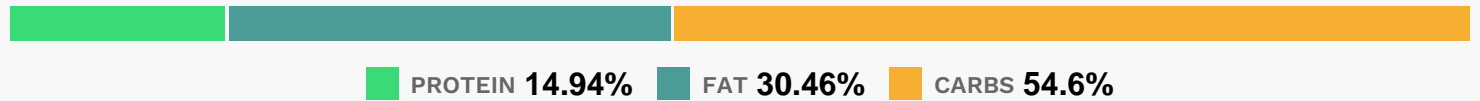
Equipment

- sauce pan
- blender

Directions

- In 4-quart saucepan, heat oil over medium heat. Cook fennel, onion and garlic in oil about 5 minutes, stirring occasionally, until crisp-tender. Stir in tomatoes, broth, salt and pepper, breaking up tomatoes with spoon.
- Heat to boiling.
- Reduce heat. Cover; simmer 20 to 25 minutes or until vegetables are soft.
- Carefully pour half of the mixture into blender. Cover; blend on high speed about 30 seconds or until smooth. Return to saucepan. Repeat with remaining mixture. Keep warm over low heat until serving.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:1.42, Inflammation Score:-4, Nutrition Score:8.6065217126971%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 78.54kcal (3.93%), Fat: 2.97g (4.57%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 11.98g (3.99%), Net Carbohydrates: 8.83g (3.21%), Sugar: 6.08g (6.76%), Cholesterol: 0mg (0%), Sodium: 330.51mg (14.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.55%), Vitamin K: 35.51µg (33.82%), Vitamin C: 19.65mg (23.82%), Potassium: 529.52mg (15.13%), Fiber: 3.15g (12.58%), Manganese: 0.23mg (11.66%), Vitamin B3: 2.2mg (10.99%), Vitamin B6: 0.21mg (10.63%), Iron: 1.82mg (10.08%), Vitamin E: 1.34mg (8.96%), Copper: 0.17mg (8.38%), Phosphorus: 76.1mg (7.61%), Calcium: 72.36mg (7.24%), Folate: 27.42µg (6.85%), Vitamin B2: 0.12mg (6.77%),

Magnesium: 25.5mg (6.38%), Vitamin B1: 0.08mg (5.15%), Vitamin A: 213.88IU (4.28%), Vitamin B5: 0.29mg (2.93%),
Zinc: 0.39mg (2.62%), Vitamin B12: 0.07µg (1.15%)