



Tomato-Peanut Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



168 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground
- 15 ounce canned tomatoes crushed canned
- 0.1 teaspoon cayenne pepper
- 1 stalk celery finely chopped for topping
- 6 servings crème fraîche fresh chopped for topping
- 0.5 teaspoon curry powder madras-style
- 1 clove garlic finely chopped
- 1 bell pepper green finely chopped

- 6 servings kosher salt
- 1 teaspoon brown sugar light packed
- 4 cups chicken broth low-sodium
- 1 tablespoon olive oil extra-virgin plus more for drizzling
- 1 small onion finely chopped
- 0.5 teaspoon paprika
- 0.3 cup smooth peanut butter

Equipment

- bowl
- ladle
- whisk
- pot
- blender
- immersion blender

Directions

- Heat the olive oil in a pot over medium-high heat.
- Add the onion, bell pepper and celery; cook, stirring, about 5 minutes.
- Add the garlic, curry powder, paprika, cayenne and 1 teaspoon salt; cook, stirring, 2 more minutes.
- Add the tomatoes, chicken broth, brown sugar and 1 cup water to the pot, then whisk in the peanut butter until incorporated. Bring to a boil, then reduce the heat and simmer gently, stirring occasionally, until the soup thickens slightly, about 30 minutes. Puree with an immersion blender or in a regular blender in batches. Season with salt and black pepper.
- Ladle the soup into bowls; top with creme fraiche, celery leaves, cilantro and peanuts.
- Drizzle with olive oil. Photograph by Con Poulos

Nutrition Facts



■ PROTEIN 17.3% ■ FAT 53.29% ■ CARBS 29.41%

Properties

Glycemic Index:44.5, Glycemic Load:2.2, Inflammation Score:-5, Nutrition Score:10.290869567705%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 168.31kcal (8.42%), Fat: 10.91g (16.79%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 10.72g (3.9%), Sugar: 6.57g (7.3%), Cholesterol: 0mg (0%), Sodium: 403.03mg (17.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.95%), Vitamin C: 23.77mg (28.81%), Vitamin B3: 5.09mg (25.45%), Manganese: 0.42mg (20.95%), Vitamin E: 2.72mg (18.15%), Copper: 0.3mg (14.82%), Potassium: 504.9mg (14.43%), Vitamin B6: 0.26mg (13.12%), Phosphorus: 129.64mg (12.96%), Fiber: 2.84g (11.36%), Magnesium: 45.03mg (11.26%), Iron: 1.73mg (9.62%), Vitamin K: 9.49µg (9.04%), Vitamin B2: 0.13mg (7.51%), Vitamin A: 364.34IU (7.29%), Folate: 28.62µg (7.16%), Vitamin B1: 0.09mg (6.22%), Zinc: 0.79mg (5.27%), Calcium: 48.1mg (4.81%), Vitamin B5: 0.41mg (4.09%), Vitamin B12: 0.16µg (2.62%), Selenium: 1.23µg (1.75%)