

# Tomato Rice Soup

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 29 ounce canned tomatoes diced canned
- 1 large carrots finely chopped
- 2 stalks celery chopped
- 2 cups chicken broth
- 0.3 cup basil fresh chopped
- 2 tablespoons olive oil
- 0.5 cup onion chopped
- 0.5 cup rice long-grain uncooked

4 servings salt and pepper to taste

0.8 pound scallops

## Equipment

sauce pan

## Directions

Heat oil in a large saucepan over medium heat.

Add the onion, celery, and carrot; cook and stir vegetables until they begin to soften, approximately 2 to 3 minutes.

Add rice and cook, stirring until rice is evenly coated in oil, 1 to 2 minutes. Stir in undrained tomatoes, chicken broth, and salt and pepper. Bring to a boil. Reduce heat, cover, and simmer for 15 minutes.

Rinse the scallops, and if large cut scallops in half. Stir the scallops into soup, and cover. Continue to simmer until the rice is tender and the scallops are opaque, approximately 5 to 10 minutes.

Season to taste with salt and pepper. Stir in the basil, and serve.

## Nutrition Facts



**PROTEIN 21.66%** **FAT 24.95%** **CARBS 53.39%**

## Properties

Glycemic Index:68.75, Glycemic Load:16.42, Inflammation Score:-10, Nutrition Score:22.113043287526%

## Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

## Nutrients (% of daily need)

Calories: 296.32kcal (14.82%), Fat: 8.5g (13.07%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 40.92g (13.64%), Net Carbohydrates: 35.53g (12.92%), Sugar: 11.55g (12.83%), Cholesterol: 22.76mg (7.59%), Sodium: 1264.99mg (55%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.6g (33.2%), Vitamin A: 3623.2IU (72.46%), Phosphorus: 398.87mg (39.89%), Manganese: 0.79mg (39.3%), Vitamin K: 29.67µg (28.26%), Potassium: 967.64mg (27.65%), Vitamin C: 22.34mg (27.08%), Vitamin E: 3.84mg (25.59%), Copper: 0.49mg (24.65%), Vitamin B6: 0.47mg (23.71%), Selenium: 16.28µg (23.26%), Fiber: 5.39g (21.58%), Vitamin B12: 1.22µg (20.38%), Vitamin B3: 4.01mg (20.07%), Iron: 3.49mg (19.37%), Magnesium: 74.1mg (18.52%), Vitamin B1: 0.23mg (15.12%), Folate: 57.62µg (14.4%), Vitamin B2: 0.23mg (13.45%), Zinc: 1.78mg (11.86%), Vitamin B5: 1.13mg (11.25%), Calcium: 107.54mg (10.75%)