



# Tomato Soup

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

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**132 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 56 ounce tomatoes crushed canned
- 0.5 cup carrots chopped
- 0.3 cup celery chopped
- 0.5 teaspoon thyme leaves dried
- 2 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 1 cup onion chopped
- 4 drops pepper sauce hot

- 1 teaspoon salt
- 3.5 cups vegetable broth
- 1 tablespoon vegetable oil
- 1 tablespoon vegetarian worcestershire sauce

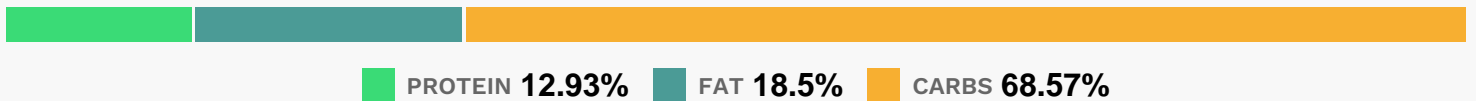
## Equipment

- dutch oven

## Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Saute onion and garlic until onion is tender.
- Add carrot and celery; cook 7 to 9 minutes until tender, stirring frequently. Stir in tomatoes, broth, Worcestershire sauce, salt, thyme, pepper and hot pepper sauce. Reduce heat to low. Cover and simmer 20 minutes, stirring frequently.

## Nutrition Facts



## Properties

Glycemic Index:41.81, Glycemic Load:7.23, Inflammation Score:-9, Nutrition Score:16.774782750918%

## Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

## Nutrients (% of daily need)

Calories: 131.58kcal (6.58%), Fat: 3.09g (4.75%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 25.73g (8.58%), Net Carbohydrates: 19.79g (7.19%), Sugar: 14.8g (16.45%), Cholesterol: 0mg (0%), Sodium: 1351.68mg (58.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.71%), Vitamin A: 2669.76IU (53.4%), Vitamin C: 28.3mg (34.3%), Manganese: 0.58mg (29.2%), Copper: 0.51mg (25.65%), Potassium: 889.88mg (25.43%), Vitamin E: 3.59mg (23.95%), Fiber: 5.94g (23.77%), Vitamin B6: 0.46mg (23.06%), Vitamin K: 22.7µg (21.62%), Iron: 3.83mg (21.27%), Vitamin B3: 3.42mg (17.09%), Vitamin B1: 0.22mg (14.9%), Magnesium: 58.46mg (14.61%), Folate: 43.56µg (10.89%),

Calcium: 108.75mg (10.87%), Phosphorus: 100.88mg (10.09%), Vitamin B2: 0.16mg (9.37%), Vitamin B5: 0.82mg (8.17%), Zinc: 0.82mg (5.44%), Selenium: 1.92µg (2.74%)