



Tomato Soup

 Vegetarian  Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



384 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons chiffonade basil leaves fresh
- 3 tablespoons butter
- 0.5 teaspoon cayenne
- 4 cups chicken stock see
- 1 cup heavy cream
- 4 tablespoons olive oil
- 3 pounds plum tomatoes halved lengthwise
- 6 servings salt and pepper black freshly ground

- 4 shallots chopped
- 1 pinch sugar
- 2 tablespoons tomato paste

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- oven
- immersion blender

Directions

- Preheat oven to 400 degrees F.
- Arrange tomatoes, flesh side up, on 2 wire racks set on sheet trays.
- Drizzle the tomatoes with olive oil, making sure they are well covered. Season with salt, pepper and sugar.
- Roast in the middle rack of the oven until tomatoes are brown and tender, about 1 hour. Cool slightly.
- Melt butter in 4-quart saucepan over medium heat.
- Sauté the shallots for 2 minutes, and then mix in tomato paste for a few more minutes.
- Add chicken stock and cayenne.
- Add heavy cream and heat over low heat. Bring up to a boil then reduce heat to low and let simmer for 10 minutes.
- Add the roasted tomatoes to the pan.
- Puree with an immersion blender. Season with salt and pepper. Ladle into serving bowls and garnish generously with fresh basil.

Nutrition Facts



■ PROTEIN 7.99% ■ FAT 72.09% ■ CARBS 19.92%

Properties

Glycemic Index:61.18, Glycemic Load:3.51, Inflammation Score:-9, Nutrition Score:15.664782648501%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 384.01kcal (19.2%), Fat: 31.78g (48.9%), Saturated Fat: 14.6g (91.26%), Carbohydrates: 19.76g (6.59%), Net Carbohydrates: 16.2g (5.89%), Sugar: 11.8g (13.12%), Cholesterol: 64.67mg (21.56%), Sodium: 340.29mg (14.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.92g (15.85%), Vitamin A: 2856.69IU (57.13%), Vitamin C: 34.44mg (41.74%), Vitamin K: 30.8µg (29.34%), Potassium: 862.35mg (24.64%), Vitamin E: 3.44mg (22.93%), Vitamin B3: 4.13mg (20.63%), Vitamin B6: 0.37mg (18.4%), Manganese: 0.35mg (17.56%), Vitamin B2: 0.27mg (15.88%), Fiber: 3.56g (14.24%), Phosphorus: 137.95mg (13.8%), Copper: 0.26mg (13.23%), Folate: 51µg (12.75%), Vitamin B1: 0.16mg (10.83%), Magnesium: 41.07mg (10.27%), Iron: 1.46mg (8.08%), Selenium: 5.29µg (7.55%), Calcium: 65.98mg (6.6%), Zinc: 0.82mg (5.5%), Vitamin D: 0.63µg (4.23%), Vitamin B5: 0.37mg (3.7%), Vitamin B12: 0.08µg (1.26%)