



## Tomato Soup and Grilled Cheese

READY IN



30 min.

SERVINGS



4

CALORIES



1090 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 10 large basil sliced
- ☐ 0.3 teaspoon pepper black
- ☐ 4 tablespoons butter softened
- ☐ 6 ounces canadian bacon
- ☐ 56 oz canned tomatoes crushed canned
- ☐ 10 ounces fontina white grated
- ☐ 1 teaspoon kosher salt
- ☐ 1.5 cups milk
- ☐ 1.5 tablespoons olive oil

- ☐ 0.5 onion chopped
- ☐ 4 servings cream sour
- ☐ 8 slices sourdough bread
- ☐ 2 tablespoons sugar
- ☐ 5 tablespoons tomato paste
- ☐ 0.5 cup vegetable stock

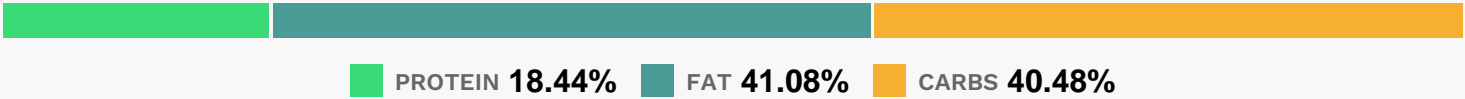
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ aluminum foil
- ☐ grill pan

## Directions

- ☐ In a large sauce pot, heat oil over medium heat.
- ☐ Add onion and cook for 4 minutes. Stir in tomatoes, tomato paste and sugar. Puree mixture in a blender or food processor. If necessary, blend in 2 batches.
- ☐ Return puree to pot and add milk, vegetable broth, salt and pepper. Cover and simmer over low heat while preparing sandwiches.
- ☐ Butter one side of each bread slice. On unbuttered side of 1 slice, distribute about 1/4 cup cheese. Top with 2 slices Canadian bacon and another 1/4 cup cheese. Top with another slice of bread, unbuttered side down. Repeat step 3 to make 4 sandwiches.
- ☐ Place a large grill pan or skillet over medium heat.
- ☐ Place sandwiches in pan and cook until golden, about 5 minutes per side. Cover sandwiches with foil to keep warm.
- ☐ Just before serving, stir basil into soup and spoon into bowls. Top with sour cream, if desired. Slice each sandwich diagonally and serve alongside soup.

# Nutrition Facts



## Properties

Glycemic Index:130.65, Glycemic Load:67.26, Inflammation Score:-10, Nutrition Score:53.086086770763%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

## Nutrients (% of daily need)

Calories: 1090.09kcal (54.5%), Fat: 51.21g (78.79%), Saturated Fat: 26.25g (164.06%), Carbohydrates: 113.54g (37.85%), Net Carbohydrates: 102.08g (37.12%), Sugar: 38.55g (42.84%), Cholesterol: 151.64mg (50.55%), Sodium: 3232.03mg (140.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.73g (103.45%), Vitamin B1: 1.61mg (107.59%), Selenium: 63.4µg (90.56%), Manganese: 1.53mg (76.45%), Phosphorus: 736.2mg (73.62%), Calcium: 735.9mg (73.59%), Vitamin B3: 14.53mg (72.65%), Vitamin B2: 1.16mg (68.14%), Iron: 11.33mg (62.97%), Folate: 221.84µg (55.46%), Vitamin B6: 1.08mg (53.99%), Potassium: 1887.69mg (53.93%), Copper: 1.05mg (52.28%), Vitamin C: 42.2mg (51.15%), Vitamin E: 7.55mg (50.37%), Vitamin A: 2494.53IU (49.89%), Fiber: 11.46g (45.83%), Zinc: 6.06mg (40.42%), Magnesium: 160.59mg (40.15%), Vitamin B12: 2.02µg (33.64%), Vitamin K: 35.06µg (33.39%), Vitamin B5: 2.5mg (25.02%), Vitamin D: 2.62µg (17.48%)