



Tomato Soup II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



26

CALORIES



116 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 bay leaves
- ☐ 2 stalks celery chopped
- ☐ 3 tablespoons parsley fresh chopped
- ☐ 1 teaspoon garlic salt
- ☐ 1 teaspoon ground pepper black
- ☐ 7 onions chopped
- ☐ 0.3 cup salt
- ☐ 2 teaspoons seasoning salt

- ☐ 14 quarts tomatoes ripe chopped
- ☐ 0.4 cup sugar white

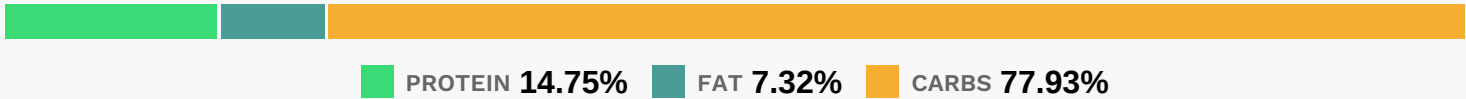
Equipment

- ☐ food processor
- ☐ pot
- ☐ sieve
- ☐ blender

Directions

- ☐ Place tomatoes, onions, celery, parsley and bay leaves in a large pot and cook, covered, on low heat for 1 to 2 hours, until quite soft and fragrant.
- ☐ Remove bay leaves and blend tomato mixture in batches in a food processor or blender, then run through a sieve and return juice to pot. Stir in salt, sugar, seasoning salt, pepper and garlic salt. Bring to a boil, then reduce heat and cook, uncovered, 1 to 2 hours, until thickened.

Nutrition Facts



Properties

Glycemic Index:8.89, Glycemic Load:7.86, Inflammation Score:-10, Nutrition Score:20.974347965873%

Flavonoids

Naringenin: 3.47mg, Naringenin: 3.47mg, Naringenin: 3.47mg, Naringenin: 3.47mg Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg, Apigenin: 1.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg, Quercetin: 8.98mg

Nutrients (% of daily need)

Calories: 115.5kcal (5.78%), Fat: 1.07g (1.65%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 18.93g (6.89%), Sugar: 17.58g (19.54%), Cholesterol: 0mg (0%), Sodium: 1385.96mg (60.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.71%), Vitamin C: 72.72mg (88.14%), Vitamin A:

4299.18IU (85.98%), Vitamin K: 48.97µg (46.64%), Potassium: 1262.91mg (36.08%), Manganese: 0.64mg (31.87%), Fiber: 6.71g (26.82%), Vitamin B6: 0.45mg (22.32%), Folate: 83.91µg (20.98%), Vitamin E: 2.77mg (18.47%), Copper: 0.32mg (15.81%), Vitamin B3: 3.08mg (15.39%), Magnesium: 59.76mg (14.94%), Vitamin B1: 0.2mg (13.55%), Phosphorus: 132.03mg (13.2%), Iron: 1.5mg (8.32%), Vitamin B2: 0.11mg (6.34%), Zinc: 0.93mg (6.2%), Calcium: 60.94mg (6.09%), Vitamin B5: 0.5mg (5%)