



Tomato Soup with Bacon-Cheese Melts

READY IN



20 min.

SERVINGS



4

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons anchovy paste
- ☐ 1 cup baby spinach leaves
- ☐ 4 slices bread whole-wheat
- ☐ 28 ounce canned tomatoes diced canned
- ☐ 56 ounce tomatoes crushed canned
- ☐ 3 tablespoons capers drained
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 1 cup greek olives pitted halved kalamata

- ☐ 11 ounce evaporated lowfat milk canned
- ☐ 4 teaspoons mayonnaise
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.5 cup red wine
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces sharp cheddar shredded
- ☐ 8 slices at least of turkey bacon crisp cooked in the microwave or skillet
- ☐ 2 teaspoons vegetable oil

Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ pot
- ☐ blender
- ☐ broiler

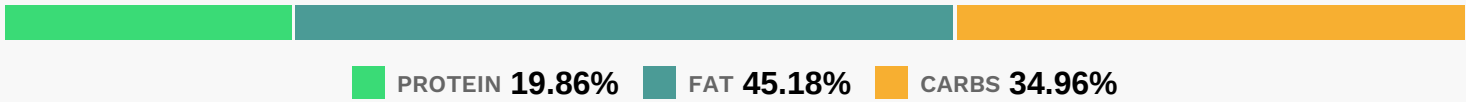
Directions

- ☐ In a large pot, combine diced tomatoes, Puttanesca Sauce and evaporated milk. Bring mixture to a simmer. Simmer 10 minutes. Working in batches, puree soup in a blender. Return to pot and stir in basil.
- ☐ Preheat broiler.
- ☐ Spread 1 teaspoon mayonnaise on each bread slice. Top with 1/4 cup spinach leaves, 2 bacon slices and 2 ounces shredded cheese.
- ☐ Place bread slices on a baking sheet and place under broiler. Cook 1 to 2 minutes, until cheese melts.
- ☐ Serve soup with Bacon Cheese Melts.
- ☐ Heat oil in a large saucepan over medium heat.
- ☐ Add onion and garlic and saute 2 minutes.
- ☐ Add tomatoes, olives, capers, anchovy paste, salt, and red pepper flakes and stir to combine.

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Add the wine and bring mixture to a boil. Reduce heat and simmer 15 minutes.

Nutrition Facts



Properties

Glycemic Index:96.42, Glycemic Load:20.83, Inflammation Score:-10, Nutrition Score:50.248695176581%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 8.58mg, Kaempferol: 8.58mg, Kaempferol: 8.58mg, Kaempferol: 8.58mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 16.61mg, Quercetin: 16.61mg, Quercetin: 16.61mg, Quercetin: 16.61mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 819.17kcal (40.96%), Fat: 42.2g (64.92%), Saturated Fat: 15.24g (95.28%), Carbohydrates: 73.47g (24.49%), Net Carbohydrates: 58.91g (21.42%), Sugar: 37.46g (41.62%), Cholesterol: 101.62mg (33.87%), Sodium: 3152.01mg (137.04%), Alcohol: 3.18g (100%), Alcohol %: 0.44% (100%), Protein: 41.73g (83.45%), Vitamin K: 92.26µg (87.86%), Manganese: 1.67mg (83.42%), Vitamin C: 60.75mg (73.63%), Calcium: 716.13mg (71.61%), Vitamin E: 10.23mg (68.2%), Copper: 1.31mg (65.49%), Phosphorus: 651.72mg (65.17%), Potassium: 2117.28mg (60.49%), Vitamin B6: 1.19mg (59.65%), Fiber: 14.56g (58.26%), Iron: 10.4mg (57.79%), Vitamin A: 2856.88IU (57.14%), Selenium: 38.31µg (54.73%), Vitamin B3: 10.8mg (53.99%), Vitamin B2: 0.76mg (44.62%), Magnesium: 176.39mg (44.1%), Vitamin B1: 0.63mg (42.32%), Folate: 139.89µg (34.97%), Zinc: 5.14mg (34.26%), Vitamin B5: 2.24mg (22.39%), Vitamin B12: 0.73µg (12.22%), Vitamin D: 0.51µg (3.41%)