



Tomato Soup with Bat Croutons

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



269 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 slices pumpkin bread
- ☐ 3 slices bacon
- ☐ 4 shallots finely chopped
- ☐ 4 cloves garlic finely chopped
- ☐ 28 oz canned tomatoes crushed undrained canned
- ☐ 2 cups chicken broth (from 32-oz carton)
- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 1 tablespoon thyme leaves dried fresh chopped

- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon pepper freshly ground

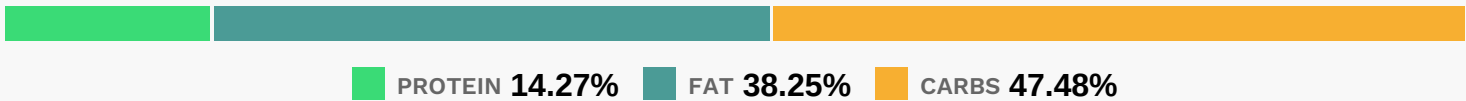
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ cookie cutter

Directions

- ☐ Heat oven to 400°F. Using 4 1/2-inch bat-shaped cookie cutter, cut 2 shapes from each slice of bread.
- ☐ Place on ungreased cookie sheet.
- ☐ Bake 5 to 6 minutes, turning once, until toasted. Cool completely.
- ☐ Meanwhile, in 2-quart saucepan, cook bacon until crisp; drain on paper towels. Crumble bacon; set aside. Cook shallots and garlic in bacon drippings over medium heat, stirring occasionally, until tender.
- ☐ Add tomatoes, broth, basil, thyme, honey and pepper.
- ☐ Heat to boiling. Reduce heat to medium-low; simmer uncovered 10 minutes, stirring occasionally. Stir in bacon.
- ☐ Top each bowl of soup with a bat crouton just before serving.

Nutrition Facts



Properties

Glycemic Index:70.82, Glycemic Load:11.41, Inflammation Score:-9, Nutrition Score:19.798260750978%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 268.63kcal (13.43%), Fat: 12.17g (18.73%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 27.24g (9.91%), Sugar: 15.67g (17.41%), Cholesterol: 20.17mg (6.72%), Sodium: 977.42mg (42.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.22g (20.44%), Manganese: 1.01mg (50.72%), Vitamin K: 45.6µg (43.42%), Iron: 5.73mg (31.84%), Vitamin C: 24.04mg (29.14%), Vitamin B6: 0.55mg (27.4%), Fiber: 6.75g (26.98%), Copper: 0.53mg (26.3%), Potassium: 854.18mg (24.41%), Vitamin B3: 4.47mg (22.36%), Vitamin B1: 0.32mg (21.6%), Vitamin E: 2.94mg (19.6%), Magnesium: 76.3mg (19.07%), Selenium: 11.85µg (16.93%), Vitamin B2: 0.29mg (16.83%), Phosphorus: 163.09mg (16.31%), Calcium: 152.39mg (15.24%), Folate: 56.4µg (14.1%), Vitamin A: 539.66IU (10.79%), Zinc: 1.5mg (9.98%), Vitamin B5: 0.9mg (8.98%), Vitamin B12: 0.16µg (2.64%)