



Tomato Soup with Cheddar Croutons

 Vegetarian

READY IN



60 min.

SERVINGS



20

CALORIES



38 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4.5 inch bread italian
- ☐ 0.5 cup cheddar cheese finely grated
- ☐ 2 sprigs flat parsley
- ☐ 1 clove garlic minced
- ☐ 1 small onion thinly sliced
- ☐ 20 servings salt and pepper
- ☐ 2 pounds tomatoes fresh chopped
- ☐ 3 tablespoons butter unsalted

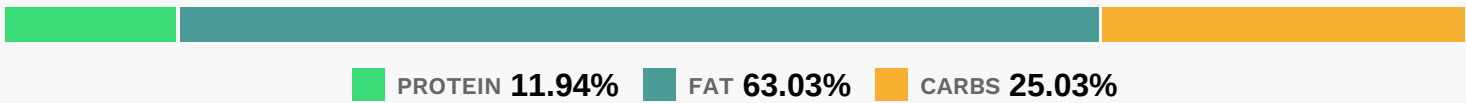
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ blender
- ☐ dutch oven

Directions

- ☐ Preheat oven to 350F. Melt butter in a Dutch oven over medium heat.
- ☐ Add onion and garlic; cook, stirring occasionally, until softened, about 5 minutes.
- ☐ Add parsley, tomatoes and 1 cup water. Season with salt and pepper.
- ☐ Increase heat to high and bring to a boil. Reduce heat, cover and simmer, stirring occasionally, until tomatoes are very soft, 15 to 20 minutes.
- ☐ Let cool. Top bread slices with cheese, place on a baking sheet and bake until cheese is melted and lightly browned, 12 to 15 minutes.
- ☐ Remove parsley sprigs; discard. Puree soup in a blender in batches and return to Dutch oven. Gently reheat. Ladle into bowls, rest a crouton on top of each; serve hot.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:0.72, Inflammation Score:-4, Nutrition Score:2.4613043303075%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 37.97kcal (1.9%), Fat: 2.79g (4.29%), Saturated Fat: 1.64g (10.25%), Carbohydrates: 2.49g (0.83%), Net Carbohydrates: 1.86g (0.67%), Sugar: 1.39g (1.54%), Cholesterol: 7.34mg (2.45%), Sodium: 217.69mg (9.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin A: 467.15IU (9.34%), Vitamin C: 6.65mg (8.07%), Vitamin K: 5.48µg (5.22%), Potassium: 117.29mg (3.35%), Manganese: 0.07mg (3.33%), Calcium: 27.06mg (2.71%), Phosphorus: 26.37mg (2.64%), Fiber: 0.63g (2.53%), Vitamin B6: 0.05mg (2.25%), Folate: 8.77µg (2.19%), Vitamin E: 0.32mg (2.12%), Magnesium: 6.47mg (1.62%), Copper: 0.03mg (1.55%), Vitamin B3: 0.31mg (1.55%), Vitamin B1: 0.02mg (1.47%), Selenium: 1.02µg (1.46%), Vitamin B2: 0.02mg (1.44%), Zinc: 0.2mg (1.32%)