



Tomato Soup with Cheese Croutons

READY IN



55 min.

SERVINGS



12

CALORIES



203 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 1 cup onion chopped
- ☐ 1 clove garlic finely chopped
- ☐ 28 oz canned tomatoes whole undrained canned
- ☐ 2 cups chicken broth
- ☐ 2 tablespoons basil pesto
- ☐ 1 cup whipping cream
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 0.8 cup fontina shredded
- ☐ 4 slices bread crumbs white (1/)
- ☐ 2 tablespoons butter softened

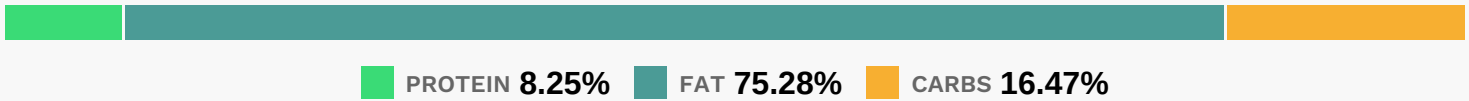
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ dutch oven

Directions

- ☐ In 5-quart Dutch oven, heat oil over medium heat. Cook onion and garlic in oil until onion is tender.
- ☐ Add tomatoes and broth, breaking up tomatoes.
- ☐ Heat to boiling; reduce heat. Cover; simmer 15 minutes, stirring occasionally. Stir in pesto, whipping cream, salt and pepper with whisk until blended.
- ☐ Remove from heat. Cool 10 minutes. In blender, place half of soup. Cover; blend on high speed until smooth. Return to Dutch oven. Repeat with remaining soup.
- ☐ Sprinkle 1/3 cup cheese on each of 2 bread slices; top with remaining bread slices.
- ☐ Spread 1 tablespoon of the butter over one side of sandwiches.
- ☐ Place sandwiches, butter sides down, in 12-inch skillet. Cook over medium heat about 3 minutes or until bottoms are golden brown.
- ☐ Spread remaining 1 tablespoon butter over other sides of sandwiches. Turn; cook 2 minutes or until cheese is melted.
- ☐ Cut each sandwich into 6 squares.
- ☐ Place a grilled cheese crouton on top of each serving.

Nutrition Facts



Properties

Glycemic Index:9.67, Glycemic Load:0.34, Inflammation Score:-5, Nutrition Score:4.8469565070194%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 203.21kcal (10.16%), Fat: 17.4g (26.77%), Saturated Fat: 8.32g (52%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 7.39g (2.69%), Sugar: 5.16g (5.73%), Cholesterol: 32.97mg (10.99%), Sodium: 430.45mg (18.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.58%), Vitamin A: 579.43IU (11.59%), Calcium: 89.02mg (8.9%), Vitamin C: 7.34mg (8.9%), Vitamin B2: 0.12mg (7.32%), Vitamin E: 1.08mg (7.21%), Phosphorus: 61.5mg (6.15%), Potassium: 192.03mg (5.49%), Vitamin B6: 0.11mg (5.33%), Iron: 0.91mg (5.07%), Manganese: 0.1mg (4.86%), Fiber: 1.18g (4.71%), Vitamin B3: 0.9mg (4.5%), Vitamin K: 4.3µg (4.09%), Vitamin B1: 0.06mg (4%), Folate: 13.35µg (3.34%), Zinc: 0.5mg (3.31%), Magnesium: 12.88mg (3.22%), Copper: 0.06mg (3.12%), Selenium: 2.12µg (3.03%), Vitamin B12: 0.18µg (3.01%), Vitamin D: 0.37µg (2.45%), Vitamin B5: 0.19mg (1.88%)