



Tomato soup with cheese & Marmite twists

READY IN



50 min.

SERVINGS



4

CALORIES



812 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 50 g leicester red
- ☐ 1 sheets ready-to-use puff pastry
- ☐ 2 tsp yeast extract spread (if you don't like Marmite use a little mustard instead)
- ☐ 1 large onion
- ☐ 2 tbsp olive oil
- ☐ 8 large tomatoes
- ☐ 400 ml vegetable stock
- ☐ 4 tbsp tomato ketchup
- ☐ 0.5 tsp oregano dried

☐ 300 ml double cream

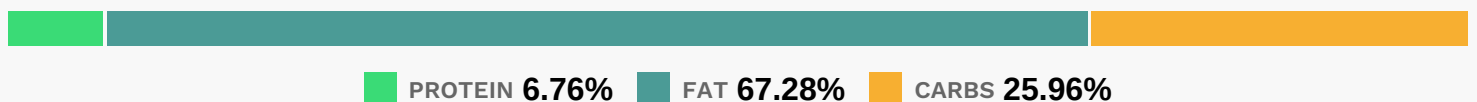
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon

Directions

- ☐ Heat oven to 200C/180C fan/ gas
- ☐ Finely grate the cheese. Unravel the pastry, spread evenly with the Marmite, then sprinkle the cheese on top. Now fold the pastry in half to make a sandwich and press down well.
- ☐ Cut the pastry into 12 equal strips. Carefully twist each strip and place on a lightly greased baking sheet.
- ☐ Bake for 15 mins until golden. Leave for 5 mins to firm up a little, then lift onto a cooling rack with a fish slice.
- ☐ Halve the onion, then peel and chop it. Fry in the oil for about 5 mins, stirring with a wooden spoon until soft but not coloured, as this will spoil the colour of the soup later.
- ☐ Chop the tomatoes, then add to the pan with the stock, ketchup and oregano. Season. Bring to the boil, then turn down the heat. Cover the pan, then simmer for 15 mins until the veg are soft.
- ☐ Tip the cream into the soup, then gently heat, stirring with the wooden spoon until it just starts to bubble. Dont boil vigorously as the cream could curdle. Ladle into bowls and serve with the Cheese & Marmite straws.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:20.02, Inflammation Score:-10, Nutrition Score:31.956086708152%

Flavonoids

Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg, Quercetin: 9.87mg

Nutrients (% of daily need)

Calories: 812.32kcal (40.62%), Fat: 62.37g (95.95%), Saturated Fat: 26.99g (168.66%), Carbohydrates: 54.14g (18.05%), Net Carbohydrates: 47.87g (17.41%), Sugar: 18.35g (20.39%), Cholesterol: 98.13mg (32.71%), Sodium: 908.18mg (39.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.11g (28.21%), Vitamin A: 4474.29IU (89.49%), Vitamin B1: 1.12mg (74.34%), Vitamin C: 53.8mg (65.21%), Vitamin B2: 0.99mg (58.02%), Folate: 230.53µg (57.63%), Vitamin K: 47.3µg (45.05%), Vitamin B3: 8.91mg (44.56%), Manganese: 0.8mg (39.94%), Potassium: 1152.02mg (32.91%), Vitamin E: 4.3mg (28.64%), Selenium: 20.04µg (28.63%), Fiber: 6.27g (25.06%), Phosphorus: 244.62mg (24.46%), Vitamin B6: 0.42mg (20.86%), Calcium: 189.54mg (18.95%), Magnesium: 69.71mg (17.43%), Iron: 3.03mg (16.85%), Copper: 0.33mg (16.54%), Zinc: 1.7mg (11.33%), Vitamin D: 1.21µg (8.05%), Vitamin B5: 0.71mg (7.11%), Vitamin B12: 0.24µg (3.93%)