



## Tomato Soup with Chipotle Peppers

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



5

CALORIES



148 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 28 oz tomatoes diced undrained canned
- 2 carrots chopped
- 1 Tbsp chipotle peppers in adobo sauce chopped
- 14 oz chicken broth fat-free reduced-sodium canned
- 2 Tbsp olive oil
- 1 onion chopped
- 0.3 cup lite thousand island dressing kraft

### Equipment

frying pan

blender

## Directions

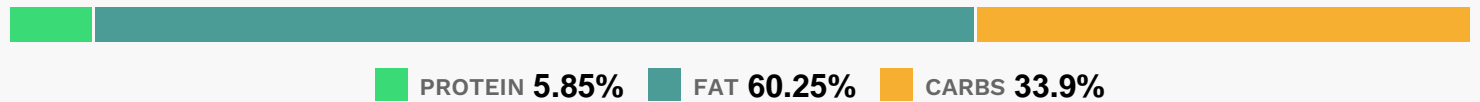
Cook and stir onions in hot oil in large skillet until crisp-tender.

Add tomatoes, carrots and broth; mix well. Bring to boil on medium-high heat; simmer on medium-low 15 min. or until vegetables are tender, stirring occasionally.

Blend vegetable mixture, in small batches; in blender until smooth, blending dressing and chipotle peppers with the last batch.

Serve warm or chilled.

## Nutrition Facts



## Properties

Glycemic Index:14.77, Glycemic Load:1.23, Inflammation Score:-10, Nutrition Score:12.231304230897%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg

## Nutrients (% of daily need)

Calories: 147.85kcal (7.39%), Fat: 10.41g (16.01%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 10.13g (3.69%), Sugar: 8.09g (8.99%), Cholesterol: 3.25mg (1.08%), Sodium: 689.79mg (29.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin A: 4288.98IU (85.78%), Vitamin C: 17.83mg (21.61%), Vitamin K: 19.92µg (18.97%), Vitamin B1: 0.28mg (18.88%), Vitamin E: 2.55mg (17.01%), Potassium: 445.91mg (12.74%), Vitamin B6: 0.25mg (12.37%), Fiber: 3.04g (12.18%), Iron: 2.02mg (11.23%), Manganese: 0.2mg (9.96%), Vitamin B3: 1.89mg (9.45%), Vitamin B2: 0.13mg (7.73%), Copper: 0.14mg (7.21%), Calcium: 67.68mg (6.77%), Magnesium: 24.39mg (6.1%), Phosphorus: 57.19mg (5.72%), Folate: 22.31µg (5.58%), Vitamin B5: 0.38mg (3.76%), Selenium: 2.23µg (3.18%), Vitamin B12: 0.16µg (2.65%), Zinc: 0.37mg (2.44%)