



Tomato soup with gremolata



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



350 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 onion chopped
- ☐ 2 garlic cloves crushed
- ☐ 4 tbsp olive oil
- ☐ 2 kg tomatoes
- ☐ 2 tbsp sugar
- ☐ 2 tbsp citrus champagne vinegar
- ☐ 1 lemon zest
- ☐ 3 tbsp olive oil

☐ 1 bunch flatleaf parsley finely chopped

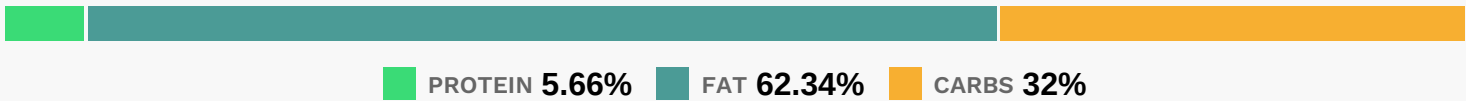
Equipment

- ☐ frying pan
- ☐ sieve
- ☐ blender
- ☐ immersion blender

Directions

- ☐ In a large shallow pan, fry the onion and garlic in the olive oil on a low heat for 8 mins; do not brown. Roughly chop the tomatoes and add along with the sugar, vinegar, 750ml water and seasoning. Bring to the boil and simmer for 35 mins, stirring from time to time.
- ☐ Whizz with a hand-held blender until smooth. For an ultra-smooth, dinner party-style soup, you can pass the liquid through a fine sieve, but this is quite fiddly and your blender will give perfectly good results.
- ☐ For the gremolata, mix together the lemon zest, juice, olive oil, garlic and parsley, then serve on top of the soup.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:10.14, Inflammation Score:-10, Nutrition Score:26.515217420848%

Flavonoids

Naringenin: 3.4mg, Naringenin: 3.4mg, Naringenin: 3.4mg, Naringenin: 3.4mg Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg, Apigenin: 30.73mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

Nutrients (% of daily need)

Calories: 350.17kcal (17.51%), Fat: 25.67g (39.49%), Saturated Fat: 3.55g (22.21%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 22.52g (8.19%), Sugar: 20.5g (22.78%), Cholesterol: 0mg (0%), Sodium: 35.57mg (1.55%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.49%), Vitamin K: 288.08µg (274.37%), Vitamin C: 91.93mg (111.43%), Vitamin A: 5366.85IU (107.34%), Vitamin E: 6.35mg (42.3%), Potassium: 1315.78mg (37.59%), Manganese: 0.66mg (32.85%), Fiber: 7.13g (28.51%), Folate: 102.13µg (25.53%), Vitamin B6: 0.47mg (23.35%), Copper: 0.33mg (16.7%), Magnesium: 65.77mg (16.44%), Vitamin B3: 3.21mg (16.03%), Vitamin B1: 0.21mg (14.25%), Phosphorus: 139.31mg (13.93%), Iron: 2.5mg (13.9%), Calcium: 81.47mg (8.15%), Zinc: 1.07mg (7.15%), Vitamin B2: 0.12mg (7.08%), Vitamin B5: 0.55mg (5.5%)