



Tomato Soup with Grilled Cheese Crouton Bites



Vegetarian



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



243 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 slices bread (I used sourdough)
- ☐ 4 servings butter
- ☐ 1 large carrots diced peeled
- ☐ 4 slices cheddar cheese thin
- ☐ 2 garlic clove diced
- ☐ 2 tsp olive oil
- ☐ 1 small onion diced

- ☐ 1 tsp paprika
- ☐ 1 tsp salt to taste (or)
- ☐ 1 tbsp tomato paste
- ☐ 2 cups tomatoes diced
- ☐ 2 cups vegetable stock

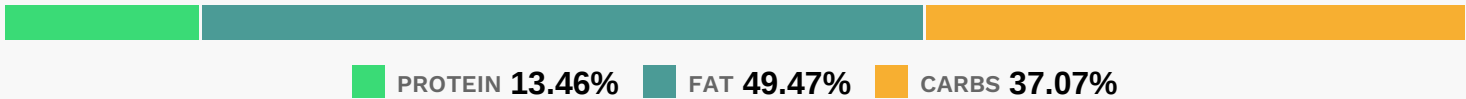
Equipment

- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Tomato Soup with Grilled Cheese Crouton Bites
- ☐ Tomato Soup Ingredients2 tsp olive oil1 small onion, diced1 large carrot, peeled and diced2 garlic cloves, diced2 large tomatoes, diced (about 2 cups)2 cups vegetable stock1 tbsp tomato paste1 tsp paprika1 tsp salt (or to taste)Grilled Cheese Crouton Ingredients4 slices bread, any type you like (I used sourdough)4 thin slices cheddar cheese
- ☐ Butter or oil
- ☐ You will also needlarge soup pot, blender or immersion blender, skillet, sheet pan
- ☐ Total Time: 30 - 45 Minutes
- ☐ Servings: 4 cups soup + croutons for serving
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:95.63, Glycemic Load:10.05, Inflammation Score:-10, Nutrition Score:14.209130574828%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 242.62kcal (12.13%), Fat: 13.66g (21.02%), Saturated Fat: 6.39g (39.95%), Carbohydrates: 23.04g (7.68%), Net Carbohydrates: 19.83g (7.21%), Sugar: 6.78g (7.53%), Cholesterol: 27.75mg (9.25%), Sodium: 1376.28mg (59.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.36g (16.73%), Vitamin A: 4518.49IU (90.37%), Manganese: 0.52mg (25.83%), Selenium: 13.49µg (19.28%), Calcium: 179.66mg (17.97%), Vitamin C: 13.97mg (16.93%), Phosphorus: 151.86mg (15.19%), Fiber: 3.21g (12.85%), Vitamin K: 12.76µg (12.15%), Vitamin B3: 2.41mg (12.04%), Vitamin B1: 0.18mg (11.67%), Folate: 46.25µg (11.56%), Vitamin B2: 0.19mg (11.26%), Potassium: 373.31mg (10.67%), Vitamin E: 1.49mg (9.91%), Vitamin B6: 0.19mg (9.4%), Iron: 1.61mg (8.96%), Zinc: 1.19mg (7.92%), Magnesium: 31.37mg (7.84%), Copper: 0.13mg (6.48%), Vitamin B5: 0.47mg (4.71%), Vitamin B12: 0.19µg (3.14%)