



Tomato Soup with Parmesan Toast

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 ounce bread french cut ()
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 2 cups fennel bulb chopped
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion chopped
- ☐ 6 tablespoons parmesan shredded
- ☐ 0.3 teaspoon salt

- ☐ 1 thyme leaves
- ☐ 4 cups vegetable stock organic (such as Swanson Certified)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ blender
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion to pan; saut 3 minutes.
- ☐ Add fennel; saut 3 minutes.
- ☐ Add garlic; saut 5 minutes or until vegetables are tender.
- ☐ Add broth, tomatoes, and thyme to pan; bring to a boil. Partially cover, reduce heat, and simmer 35 minutes.
- ☐ Remove pan from heat; cool 5 minutes. Discard thyme sprig.
- ☐ Place half of tomato mixture in a blender.
- ☐ Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender.
- ☐ Place a clean towel over opening in blender lid (to avoid splatters). Blend until almost smooth.
- ☐ Pour into a large bowl. Repeat procedure with remaining tomato mixture. Stir in salt and pepper; keep warm.
- ☐ Preheat broiler.
- ☐ Place bread slices on a baking sheet.
- ☐ Sprinkle 1 tablespoon cheese on each. Broil 2 minutes or until cheese melts.

Nutrition Facts



Properties

Glycemic Index:61.58, Glycemic Load:16.76, Inflammation Score:-8, Nutrition Score:14.510434624294%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg, Quercetin: 10.91mg

Nutrients (% of daily need)

Calories: 190.86kcal (9.54%), Fat: 3.8g (5.85%), Saturated Fat: 1.26g (7.87%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 29.04g (10.56%), Sugar: 11.91g (13.24%), Cholesterol: 3.4mg (1.13%), Sodium: 1166.4mg (50.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.05g (16.09%), Manganese: 0.55mg (27.32%), Vitamin K: 26.68µg (25.41%), Vitamin C: 20.18mg (24.46%), Vitamin B1: 0.33mg (22.14%), Fiber: 5.01g (20.03%), Iron: 3.26mg (18.09%), Potassium: 629.49mg (17.99%), Folate: 70.5µg (17.63%), Copper: 0.33mg (16.59%), Vitamin B3: 3.26mg (16.28%), Vitamin B6: 0.32mg (16.21%), Selenium: 10.64µg (15.2%), Calcium: 148.33mg (14.83%), Vitamin A: 705.58IU (14.11%), Vitamin E: 2.1mg (13.98%), Phosphorus: 138.61mg (13.86%), Vitamin B2: 0.23mg (13.66%), Magnesium: 48.66mg (12.16%), Zinc: 0.95mg (6.36%), Vitamin B5: 0.63mg (6.26%)