



Tomato Soup with Spaghetti Squash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



49 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



1 bay leaf whole



1 carrots whole minced



1 tsp mild curry powder



0.3 tsp garlic powder



0.8 tsp penzey's southwest seasoning italian



1 tbsp onion flakes



14 ounces plum tomatoes whole peeled



1 dash pepper flakes red

- ☐ 2 cups spaghetti squash cooked
- ☐ 2 cups vegetable broth
- ☐ 1 tbsp vinegar white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ pot

Directions

- ☐ Carefully pour the tomato liquid from the can into a large soup pot. Take the tomatoes out one by one and gently squeeze them out into the pan. Pull the whole tomatoes apart into bite-sized pieces and add to the pot.
- ☐ Add the broth, onion flakes, garlic powder, Italian seasoning, bay leaf, vinegar, carrots, red pepper flakes, celery seed and curry. Cover and bring to a boil. Once boiling, reduce to low and simmer for 25 minutes. Meanwhile, cook the squash. Taste the soup, if it is too acidic add sugar as needed 1 tbsp at a time. Stir and cook for 5 more minutes.
- ☐ Remove the bay leaf and add salt and pepper to taste. Ladle soup into a bowl, filling just slightly more than half way.
- ☐ Add cooked spaghetti squash (use a fork to gently pull the flesh off in strands) and serve with vegan Parmesan if desired. Store leftovers separately with the squash in one container, soup in another.

- Nutritional Information
- ☐ Amount Per Serving
 - ☐ Calories
 - ☐ Fat
 - ☐ 90g
 - ☐ Carbohydrate
 - ☐ 50gDietary Fiber1.90gSugars4gProtein1.50g

Nutrition Facts



 **PROTEIN 10.83%**  **FAT 8.78%**  **CARBS 80.39%**

Properties

Glycemic Index:48.71, Glycemic Load:2.19, Inflammation Score:-9, Nutrition Score:8.6404347005098%

Flavonoids

Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 49.45kcal (2.47%), Fat: 0.54g (0.82%), Saturated Fat: 0.09g (0.59%), Carbohydrates: 11.04g (3.68%), Net Carbohydrates: 8.43g (3.06%), Sugar: 5.82g (6.47%), Cholesterol: 0mg (0%), Sodium: 492.79mg (21.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.97%), Vitamin A: 3687.35IU (73.75%), Vitamin C: 16.26mg (19.71%), Vitamin K: 12.85µg (12.23%), Manganese: 0.24mg (12.09%), Fiber: 2.61g (10.45%), Potassium: 357.93mg (10.23%), Vitamin B6: 0.17mg (8.5%), Folate: 25.87µg (6.47%), Vitamin E: 0.87mg (5.78%), Vitamin B3: 1.13mg (5.65%), Magnesium: 20.63mg (5.16%), Vitamin B1: 0.07mg (4.6%), Copper: 0.09mg (4.58%), Iron: 0.74mg (4.13%), Phosphorus: 40.54mg (4.05%), Calcium: 34.86mg (3.49%), Vitamin B5: 0.28mg (2.81%), Vitamin B2: 0.04mg (2.31%), Zinc: 0.33mg (2.23%)