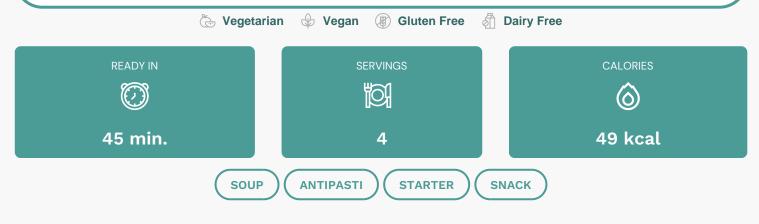


Tomato Soup with Spaghetti Squash



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

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: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 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: Omg (0%), Sodium: 492.79mg (21.43%), Alcohol: Og (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%)