



Tomato soup with tear & share cheesy bread

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



698 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g butter at room temperature (we used Lurpak)
- ☐ 4 servings cooking oil for greasing
- ☐ 1 carrots chopped
- ☐ 500 g ciabatta bread (we used Wright's)
- ☐ 100 g crème fraîche
- ☐ 1 onion chopped
- ☐ 2 tsp oregano dried
- ☐ 800 g plum tomatoes canned

☐ 1 vegetable cube

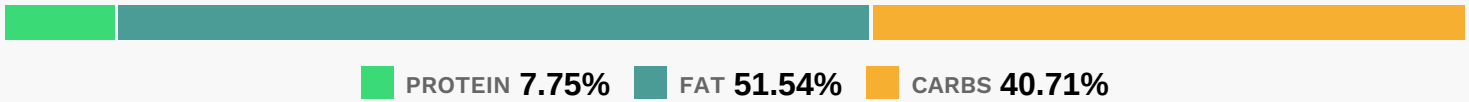
Equipment

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas 6. Make up the bread mix following pack instructions, then roll out to a 30 x 40cm rectangle.
- ☐ Spread over 75g of the garlic butter and half the oregano, then sprinkle the cheese and roll up like a Swiss roll.
- ☐ Cut into 8 even slices and transfer to a well-greased round 23cm tin and arrange 7 round the outside, 1 in the middle.
- ☐ Brush with any leftover butter. Cover with oiled cling film and leave in a warm place to puff up while you make the soup. Once doubled in size, bake bread for 25–30 mins.
- ☐ Heat the remaining garlic butter in a pan until foaming.
- ☐ Add the onion and carrot, and cook until softened.
- ☐ Pour in the tomatoes, crumble over the stock cube, add the remaining oregano and simmer for about 20 mins, then stir in the crème fraîche. Blend and season – it may need a pinch of sugar if it tastes slightly acidic.
- ☐ Add enough boiling water for a good soup consistency and keep on a gentle heat until the bread is done.

Nutrition Facts



Properties

Glycemic Index: 41.71, Glycemic Load: 3.12, Inflammation Score: -10, Nutrition Score: 15.063913060271%

Flavonoids

Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 6.77mg, Quercetin: 6.77mg,

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Nutrients (% of daily need)

Calories: 697.8kcal (34.89%), Fat: 40.75g (62.7%), Saturated Fat: 16.99g (106.2%), Carbohydrates: 72.43g (24.14%), Net Carbohydrates: 67.36g (24.49%), Sugar: 8.12g (9.03%), Cholesterol: 68.5mg (22.83%), Sodium: 972.85mg (42.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.57%), Vitamin A: 5010.02IU (100.2%), Vitamin C: 30.58mg (37.07%), Vitamin K: 35.63µg (33.93%), Vitamin E: 4.48mg (29.84%), Fiber: 5.07g (20.29%), Potassium: 611.54mg (17.47%), Manganese: 0.33mg (16.65%), Vitamin B6: 0.23mg (11.72%), Folate: 42.51µg (10.63%), Phosphorus: 87.64mg (8.76%), Magnesium: 32.01mg (8%), Calcium: 76.98mg (7.7%), Copper: 0.15mg (7.29%), Vitamin B3: 1.45mg (7.23%), Vitamin B1: 0.1mg (6.97%), Vitamin B2: 0.11mg (6.44%), Iron: 1mg (5.54%), Vitamin B5: 0.37mg (3.73%), Zinc: 0.55mg (3.68%), Selenium: 1.37µg (1.95%), Vitamin B12: 0.09µg (1.58%)