



Tomato Spinach and Basil Soup

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



206 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons butter
- 0.3 cup basil fresh chopped
- 1 teaspoon garlic minced
- 1.5 cups milk
- 1 tablespoon parmesan cheese grated
- 0.5 teaspoon salt
- 2 cups pkt spinach fresh

- 28 ounce tomato purée canned
- 1 tablespoon sugar white
- 1 large onion yellow chopped

Equipment

- sauce pan

Directions

- Melt butter in a large saucepan over medium heat.
- Saute onion and garlic for 3 minutes. Stir in milk and cook for 2 minutes, stirring occasionally. Stir in tomato puree and sugar.
- Mix well, cover and bring to a boil over high heat. Reduce heat to low and simmer, covered, for 5 minutes.
- Add spinach, basil, salt and pepper and simmer, uncovered, for 2 minutes, stirring occasionally.
- Sprinkle with parmesan cheese, if desired.

Nutrition Facts



PROTEIN 13.73% **FAT 38.98%** **CARBS 47.29%**

Properties

Glycemic Index:96.77, Glycemic Load:8.72, Inflammation Score:-9, Nutrition Score:20.586956480275%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg, Quercetin: 8.22mg

Nutrients (% of daily need)

Calories: 205.63kcal (10.28%), Fat: 9.63g (14.82%), Saturated Fat: 5.6g (35.01%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 21.49g (7.82%), Sugar: 17.8g (19.78%), Cholesterol: 27.12mg (9.04%), Sodium: 667.88mg (29.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.27%), Vitamin K: 90.35µg (86.04%), Vitamin A: 2247.81IU (44.96%), Vitamin C: 25.75mg (31.21%), Manganese: 0.6mg (29.87%), Potassium: 870.34mg (24.87%),

Calcium: 221mg (22.1%), Vitamin B6: 0.44mg (22.05%), Copper: 0.41mg (20.44%), Vitamin E: 3.02mg (20.14%),
Fiber: 4.81g (19.24%), Phosphorus: 185.93mg (18.59%), Iron: 3.15mg (17.49%), Magnesium: 68.22mg (17.05%),
Vitamin B2: 0.28mg (16.32%), Folate: 63.37µg (15.84%), Vitamin B1: 0.23mg (15.46%), Vitamin B3: 2.7mg (13.49%),
Vitamin B5: 0.97mg (9.7%), Vitamin B12: 0.52µg (8.71%), Zinc: 1.14mg (7.59%), Vitamin D: 1.01µg (6.75%), Selenium:
3.91µg (5.59%)