



Tomato Zucchini Soup



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons basil dried
- ☐ 1 teaspoon garlic minced
- ☐ 26 fluid ounces milk
- ☐ 4 slices swiss cheese
- ☐ 14.5 ounce zucchini in tomato sauce italian-style canned
- ☐ 26 ounce all natural tomato soup canned

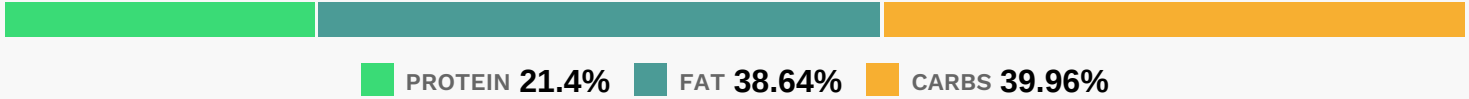
Equipment

- ☐ pot

Directions

☐ Stir tomato soup and milk together in a large pot over medium–low heat; add zucchini, basil, and garlic. Cook at a simmer until warm, about 5 minutes. Stir Swiss cheese slices into the mixture; cook until cheese melts, about 5 minutes more.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:9.08, Inflammation Score:-8, Nutrition Score:22.498695871104%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 267.76kcal (13.39%), Fat: 12.26g (18.87%), Saturated Fat: 6.79g (42.46%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 23.34g (8.49%), Sugar: 21.03g (23.36%), Cholesterol: 38.87mg (12.96%), Sodium: 835.26mg (36.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.57%), Calcium: 474.51mg (47.45%), Phosphorus: 380.6mg (38.06%), Potassium: 1158.38mg (33.1%), Vitamin C: 24.38mg (29.56%), Vitamin B2: 0.48mg (28.51%), Vitamin E: 4.02mg (26.81%), Vitamin B6: 0.52mg (26.03%), Vitamin A: 1296.5IU (25.93%), Vitamin B12: 1.55µg (25.86%), Manganese: 0.5mg (25.25%), Copper: 0.48mg (23.77%), Magnesium: 83.8mg (20.95%), Iron: 3.75mg (20.85%), Fiber: 5.2g (20.8%), Vitamin K: 19.9µg (18.95%), Vitamin B1: 0.27mg (18.28%), Vitamin B3: 3.51mg (17.53%), Vitamin B5: 1.63mg (16.27%), Zinc: 2.29mg (15.27%), Selenium: 10.61µg (15.16%), Vitamin D: 2.11µg (14.1%), Folate: 35.92µg (8.98%)