



Tuscan Tomato and Bread Soup - Pappa al Pomodoro

READY IN



75 min.

SERVINGS



6

CALORIES



292 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 basil leaves whole cut into chiffonade
- ☐ 2 cups day-old bread italian cubed
- ☐ 6 servings olive oil extra virgin for garnish
- ☐ 3 garlic cloves smashed finely chopped
- ☐ 6 servings kosher salt
- ☐ 0.5 cup parmigiano-reggiano grated
- ☐ 1 large onion diced red
- ☐ 1 pinch pepper flakes red crushed

- ☐ 2 cups sacramento tomato juice
- ☐ 2 pounds summer tomatoes diced ripe
- ☐ 1 cup white wine

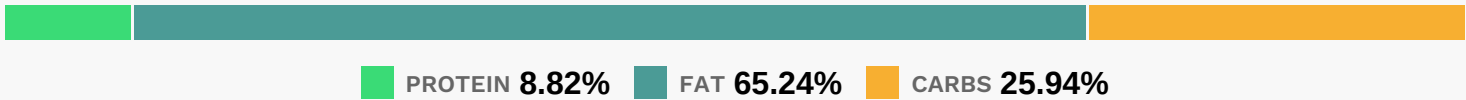
Equipment

- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Coat a large wide pot with olive oil over medium heat and add the onions. Season with salt and crushed red pepper, to taste, and cook until the onions are soft and very aromatic, about 8 to 10 minutes. Toss in the garlic and cook for 2 to 3 more minutes.
- ☐ Add the wine and cook until it has reduced by half. Stir in the tomatoes, season with salt, to taste, and cook until the tomatoes are really soft and juicy, about 12 to 15 minutes. Toss in the whole basil leaves.
- ☐ Working in batches, carefully puree the tomatoes in a blender*. Return the tomato puree to the pot and add the tomato juice and the bread. Cook the soup over medium heat for until the bread has completely lost its shape and the soup is really thick, about 20 minutes. Taste the soup and adjust the seasoning, if needed.
- ☐ Ladle the soup into bowls and serve garnished with grated cheese, basil chiffonade and a drizzle of big fat finishing oil.

Nutrition Facts



Properties

Glycemic Index:39.72, Glycemic Load:3.27, Inflammation Score:-9, Nutrition Score:12.480434807746%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 292.06kcal (14.6%), Fat: 19.82g (30.5%), Saturated Fat: 5.15g (32.19%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 14.91g (5.42%), Sugar: 10.99g (12.21%), Cholesterol: 5.67mg (1.89%), Sodium: 381.14mg (16.57%), Alcohol: 4.12g (100%), Alcohol %: 1.61% (100%), Protein: 6.03g (12.06%), Vitamin C: 37.48mg (45.43%), Vitamin A: 1729.67IU (34.59%), Vitamin K: 25.42µg (24.21%), Vitamin E: 3.13mg (20.84%), Potassium: 635.4mg (18.15%), Manganese: 0.33mg (16.73%), Vitamin B6: 0.28mg (14.02%), Calcium: 133.91mg (13.39%), Phosphorus: 127.39mg (12.74%), Folate: 49.73µg (12.43%), Fiber: 2.82g (11.3%), Vitamin B3: 1.97mg (9.84%), Magnesium: 37.46mg (9.36%), Vitamin B1: 0.12mg (8.27%), Copper: 0.16mg (7.87%), Iron: 1.3mg (7.21%), Vitamin B2: 0.1mg (6.07%), Zinc: 0.73mg (4.86%), Vitamin B5: 0.43mg (4.26%), Selenium: 2.47µg (3.53%), Vitamin B12: 0.1µg (1.67%)