



Tuscan Tomato Soup with Basil

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons freshly basil leaves chopped
- 28 ounce canned tomatoes pureed whole with basil, (recommended: progresso) peeled canned
- 1 teaspoon garlic crushed
- 1.5 teaspoons penzey's southwest seasoning italian
- 1 tablespoon olive oil extra-virgin
- 1 cup onions frozen chopped (recommended: Ore-Ida)
- 1 cup white wine

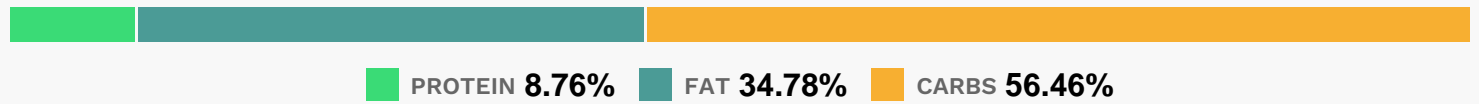
Equipment

- pot
- blender

Directions

- Put tomatoes in a blender and puree; set aside.
- In a medium pot, heat olive oil, over medium-high heat.
- Add onions and garlic.
- Saute for 1 to 2 minutes.
- Add pureed tomatoes, Italian seasoning, and wine. Bring to a boil. Reduce heat and simmer for 5 minutes.
- Serve Tuscan Tomato soup hot, garnished with chopped basil.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:1.15, Inflammation Score:-6, Nutrition Score:8.8813043210817%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg, Quercetin: 9.15mg

Nutrients (% of daily need)

Calories: 133.21kcal (6.66%), Fat: 3.84g (5.91%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 11.01g (4%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 288.8mg (12.56%), Alcohol: 6.18g (100%), Alcohol %: 2.57% (100%), Protein: 2.18g (4.35%), Vitamin C: 21.85mg (26.48%), Manganese: 0.34mg (16.8%), Vitamin K: 17.09µg (16.27%), Vitamin B6: 0.32mg (15.85%), Potassium: 489.52mg (13.99%), Iron: 2.51mg (13.95%), Vitamin E: 2.01mg (13.38%), Fiber: 3.02g (12.06%), Calcium: 91.26mg (9.13%), Magnesium: 34.68mg (8.67%), Copper: 0.17mg (8.29%), Vitamin B2: 0.13mg (7.91%), Vitamin B3: 1.57mg (7.87%), Vitamin B1: 0.11mg (7.59%), Folate:

26.56µg (6.64%), Phosphorus: 62.92mg (6.29%), Vitamin A: 298.56IU (5.97%), Vitamin B5: 0.32mg (3.24%), Zinc:
0.45mg (3.03%)