



WHATSheATE



Valentine Tomato Pasta Soup



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



410 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 19 oz tomato basil sauce canned
- ☐ 0.3 cup vermicelli (2-inch pieces)
- ☐ 0.3 cup water
- ☐ 2 slices bread whole wheat white toasted
- ☐ 1 serving processed cheese food

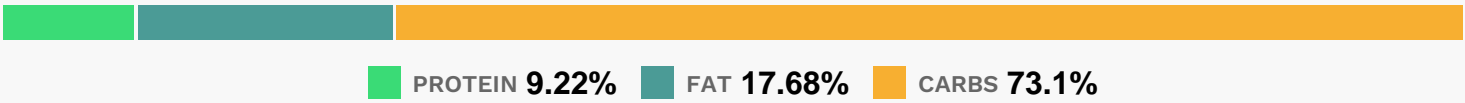
Equipment

- ☐ sauce pan
- ☐ cookie cutter

Directions

- ☐
- In 2-quart saucepan, mix soup, vermicelli and water. Cover; cook over medium heat until soup comes to a boil. Reduce heat to medium-low; cover and simmer 6 minutes, stirring occasionally, until vermicelli is of desired doneness.
- ☐
- Meanwile, with 2 1/2- to 3-inch heart-shaped cookie cutter, cut shape from each toasted bread slice.
- ☐
- Top centers of individual servings of soup with toast hearts. With aerosol can of cheese spread, pipe "I" on left side of heart and "U" on right side of heart.

Nutrition Facts



Properties

Glycemic Index:77.35, Glycemic Load:25.92, Inflammation Score:-8, Nutrition Score:11.53913047602%

Nutrients (% of daily need)

Calories: 410.42kcal (20.52%), Fat: 7.84g (12.06%), Saturated Fat: 1.39g (8.7%), Carbohydrates: 72.92g (24.31%), Net Carbohydrates: 61.99g (22.54%), Sugar: 20.64g (22.93%), Cholesterol: 0.5mg (0.17%), Sodium: 1220.24mg (53.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.2g (18.4%), Fiber: 10.93g (43.72%), Manganese: 0.79mg (39.72%), Vitamin A: 1621.49IU (32.43%), Potassium: 944.31mg (26.98%), Selenium: 13.28µg (18.97%), Vitamin C: 12.93mg (15.67%), Calcium: 145.03mg (14.5%), Iron: 2.56mg (14.21%), Phosphorus: 122.89mg (12.29%), Vitamin B1: 0.12mg (8.12%), Magnesium: 26.72mg (6.68%), Vitamin B3: 1.33mg (6.64%), Zinc: 0.8mg (5.33%), Copper: 0.1mg (4.95%), Vitamin B6: 0.07mg (3.33%), Folate: 12.98µg (3.25%), Vitamin B2: 0.05mg (3.2%), Vitamin B5: 0.21mg (2.14%), Vitamin K: 2.2µg (2.09%), Vitamin E: 0.16mg (1.03%)