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Tomato Bisque ♦♦

Tomato bisque is a creamy and flavorful soup made with ripe tomatoes, onions, garlic, and herbs. It is a classic dish that is enjoyed as a starter or main course. The soup is usually served hot and can be garnished with croutons, fresh herbs, or a dollop of sour cream.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	ripe tomatoes
100 g	onion
10 g	garlic cloves
30 ml	olive oil
500 ml	vegetable broth

200 ml	heavy cream
2 tsp	Salt
1 tsp	Black pepper
1 tsp	Dried Basil
1 tsp	Dried Thyme

Directions

Step 1

Stove

Heat olive oil in a large pot over medium heat. Add chopped onions and minced garlic. Cook until onions are translucent.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add chopped tomatoes, vegetable broth, dried basil, dried thyme, salt, and black pepper to the pot. Bring to a boil, then reduce heat and simmer for 20 minutes.

Prep Time: 5 mins

Cook Time: 20 mins

Step 3

Stove

Use an immersion blender or transfer the soup to a blender and blend until smooth.
Return the soup to the pot and stir in the heavy cream. Heat for an additional 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 150 kcal

Fat: 15 g

Protein: 2 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	6 mg	40%	40%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
 Valentine's Day Mother's Day Father's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Lunch Dinner

Course

Soups

Difficulty Level

Easy

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