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Zesty Tomato Soup **

A delicious and tangy tomato soup that is perfect for any time of the year. This soup is made with fresh tomatoes, onions, garlic, and a blend of spices to give it a zesty flavor. It is a versatile recipe that can be enjoyed as a light lunch or paired with a sandwich for a hearty meal.

Recipe Type: Standard Prep Time: 10 mins

Cook Time: 30 mins Total Time: 40 mins

Recipe Yield: 1000 grams Number of Servings: 4

Serving Size: 250 g

Ingredients

800 g	Tomatoes
100 g	onion
2 cloves	garlic
2 tbsp	olive oil

2 c	vegetable broth
1 tsp	Salt
0.5 tsp	Black pepper
1 tsp	Sugar
1 tsp	Basil
0.5 tsp	Thyme

Directions

Step 1



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: 5 mins

Step 2



Add diced tomatoes, vegetable broth, salt, black pepper, sugar, basil, and thyme 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

Blending

Using an immersion blender, puree the soup until smooth. Alternatively, transfer the soup to a blender and blend until smooth. Be careful when blending hot liquids.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4



Return the soup to the pot and heat over low heat until warmed through. Serve hot.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 100 kcal

Fat: 4 g

Protein: 3 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	5 g	13.16%	20%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%
Cholesterol	0 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	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

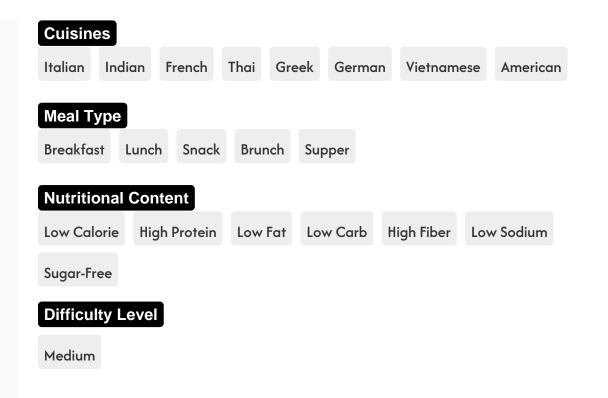
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Fall



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