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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

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: 5 mins

Step 2

Stove

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

Stove

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

Cuisines

Italian

Indian

French

Thai

Greek

German

Vietnamese

American

Meal Type

Breakfast

Lunch

Snack

Brunch

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

Difficulty Level

Medium

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