



Ajo Blanco

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

Ingredients

- 0.5 cup almonds sliced
- 8 servings pepper black freshly ground
- 0.5 cup blanched almonds and whole
- 1 large garlic clove chopped
- 1 apple green cored peeled chopped (such as Granny Smith)
- 1 cup grapes green seedless halved
- 8 servings kosher salt
- 0.8 cup olive oil extra virgin extra-virgin plus more

- 3 tablespoons red wine vinegar plus more
- 0.5 cup milk whole

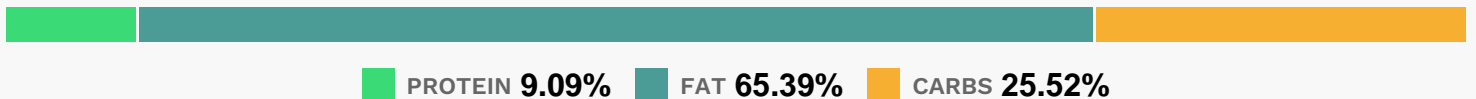
Equipment

- bowl
- baking sheet
- oven
- blender

Directions

- Combine apple, garlic, bread, grapes,blanched almonds, milk, and 2 cups water ina medium bowl; season with salt. Coverand chill for at least 6 hours and up to 1 day.
- Transfer soup base to a blender andpurée, adding water by tablespoonfuls iftoo thick, until smooth. With motor running,gradually add 3/4 cup oil and 3 tablespoons vinegarand blend until soup is emulsified. Seasonwith salt, pepper, and more vinegar, ifdesired. Strain soup through a fine-meshsieve into a large bowl; cover and chill untilvery cold, about 2 hours. DO AHEAD: Soup can be made 1 day ahead. Keep chilled.
- Preheat oven to 350°F.
- Spread slicedalmonds on a rimmed baking sheet andtoast, tossing occasionally, until golden,about 4 minutes.
- Let cool.
- Divide soup among bowls; top withtoasted almonds; drizzle with oil and vinegar.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:2.69, Inflammation Score:-3, Nutrition Score:5.718260889468%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg

Epigallocatechin: 0.21mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg
Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg,
Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol:
0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg,
Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg,
Luteolin: 0.05mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg
Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin:
0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 151.07kcal (7.55%), Fat: 11.58g (17.82%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 10.17g (3.39%), Net
Carbohydrates: 7.93g (2.88%), Sugar: 6.64g (7.38%), Cholesterol: 1.83mg (0.61%), Sodium: 202.35mg (8.8%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.25%), Vitamin E: 4mg (26.64%), Manganese: 0.32mg
(15.94%), Magnesium: 41.25mg (10.31%), Vitamin B2: 0.16mg (9.52%), Fiber: 2.24g (8.96%), Phosphorus: 88.1mg
(8.81%), Copper: 0.17mg (8.64%), Calcium: 57.53mg (5.75%), Vitamin K: 5.91µg (5.63%), Potassium: 182.01mg (5.2%),
Vitamin B1: 0.05mg (3.53%), Iron: 0.63mg (3.5%), Zinc: 0.5mg (3.36%), Vitamin B6: 0.06mg (2.83%), Vitamin B3:
0.56mg (2.79%), Vitamin C: 1.8mg (2.18%), Folate: 7.45µg (1.86%), Vitamin B12: 0.08µg (1.37%), Vitamin B5: 0.14mg
(1.35%), Selenium: 0.85µg (1.22%), Vitamin D: 0.17µg (1.12%), Vitamin A: 50.63IU (1.01%)