



Ajo Blanco

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



394 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 8 servings pepper black freshly ground
- ☐ 0.5 cup blanched almonds and whole
- ☐ 3 cups bread white crustless
- ☐ 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

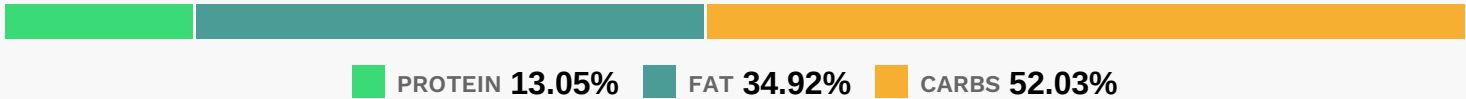
Equipment

- ☐ 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: Soupcan 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:30.83, Glycemic Load:25.33, Inflammation Score:-5, Nutrition Score:17.374347925186%

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: 394.16kcal (19.71%), Fat: 15.6g (24.01%), Saturated Fat: 2.01g (12.54%), Carbohydrates: 52.31g (17.44%), Net Carbohydrates: 46.52g (16.92%), Sugar: 11.73g (13.03%), Cholesterol: 1.83mg (0.61%), Sodium: 621.99mg (27.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.12g (26.23%), Manganese: 1.38mg (68.82%), Selenium: 26.4µg (37.72%), Vitamin B1: 0.42mg (27.84%), Vitamin E: 4.16mg (27.77%), Vitamin B3: 5.52mg (27.59%), Fiber: 5.79g (23.16%), Vitamin B2: 0.39mg (22.67%), Iron: 3.82mg (21.25%), Folate: 82.86µg (20.71%), Phosphorus: 202.55mg (20.25%), Magnesium: 77.62mg (19.41%), Calcium: 168.44mg (16.84%), Copper: 0.3mg (15.21%), Vitamin K: 10.26µg (9.77%), Zinc: 1.43mg (9.51%), Potassium: 307.1mg (8.77%), Vitamin B5: 0.86mg (8.63%), Vitamin B6: 0.16mg (7.76%), Vitamin C: 1.97mg (2.39%), Vitamin B12: 0.08µg (1.37%), Vitamin D: 0.17µg (1.12%), Vitamin A: 52.41IU (1.05%)