



## Andalusian-Style Gazpacho

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



234 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup baguette diced
- 6 slices baguette (3/)
- 0.3 teaspoon pepper black
- 0.8 cup cucumber diced peeled
- 6 servings cucumber diced peeled
- 1 garlic clove
- 1 pound heirloom tomatoes
- 0.5 optional: lemon

- 1 teaspoon olive oil
- 3 teaspoons olive oil
- 6 servings parsley italian chopped
- 3 tablespoons onion diced red
- 6 servings onion diced red
- 2 tablespoons red wine vinegar
- 0.5 teaspoon sea salt
- 0.3 cup water
- 3 tablespoons bell pepper diced yellow
- 6 servings bell pepper diced yellow

## Equipment

- bowl
- blender
- grill

## Directions

- Preheat grill to medium-high.
- Brush baguette slices with 1 teaspoon olive oil; grill for 30 seconds on each side.
- Cut 1 garlic clove in half; rub bread with it.
- Combine water, red wine vinegar, sea salt, and black pepper.
- Add diced baguette to liquid mixture; soak 2-3 minutes. In a blender, combine tomatoes, 3/4 cup peeled, diced cucumber, 3 tablespoons diced yellow bell pepper, 3 tablespoons diced red onion, 1 garlic clove, 3 teaspoons olive oil, and bread mixture until smooth; chill.
- Add juice from lemon.
- Pour 1/2 cup soup into 6 bowls. Top with 1 slice grilled baguette, peeled and diced cucumber, diced yellow bell pepper, diced red onion, and chopped Italian parsley.

## Nutrition Facts



■ PROTEIN **13.48%** ■ FAT **18.66%** ■ CARBS **67.86%**

## Properties

Glycemic Index:64.17, Glycemic Load:24.76, Inflammation Score:-8, Nutrition Score:15.8426086177%

## Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg, Myricetin: 0.76mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

## Nutrients (% of daily need)

Calories: 234.14kcal (11.71%), Fat: 4.88g (7.5%), Saturated Fat: 0.79g (4.97%), Carbohydrates: 39.91g (13.3%), Net Carbohydrates: 36.81g (13.39%), Sugar: 6.1g (6.78%), Cholesterol: 0mg (0%), Sodium: 643.19mg (27.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.86%), Vitamin K: 76.76µg (73.1%), Vitamin C: 31.73mg (38.46%), Vitamin B1: 0.46mg (30.77%), Folate: 99.91µg (24.98%), Manganese: 0.48mg (23.78%), Vitamin A: 992.99IU (19.86%), Vitamin B3: 3.82mg (19.1%), Selenium: 12.47µg (17.81%), Iron: 3.1mg (17.24%), Vitamin B2: 0.26mg (15.15%), Fiber: 3.1g (12.39%), Potassium: 351.84mg (10.05%), Phosphorus: 97.82mg (9.78%), Calcium: 96.89mg (9.69%), Vitamin B6: 0.18mg (8.87%), Magnesium: 33.55mg (8.39%), Copper: 0.17mg (8.29%), Vitamin E: 1.05mg (7%), Zinc: 0.8mg (5.34%), Vitamin B5: 0.43mg (4.33%)