



Avocado Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 small avocados diced peeled
- ☐ 2 tablespoons cilantro leaves
- ☐ 3 cups cucumber diced peeled
- ☐ 0.3 cup bell pepper diced green
- ☐ 2 teaspoons juice of lime
- ☐ 6 servings salt and pepper
- ☐ 1 cup water
- ☐ 0.3 cup vinegar white

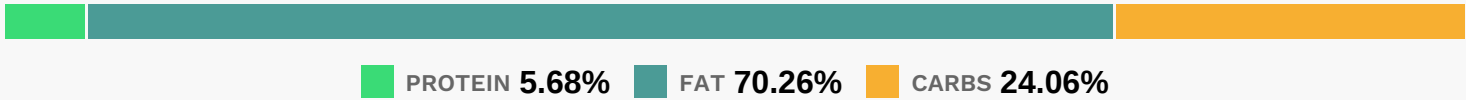
Equipment

- ☐ bowl
- ☐ blender

Directions

☐ Place all the ingredients in a blender and blend until you have a smooth mixture. Adjust seasoning and transfer to a bowl and refrigerate until very cold, at least 1 hour. To serve, divide the gazpacho in bowls or cups and garnish with cucumber and red pepper.

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:7.7947826722394%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 119.2kcal (5.96%), Fat: 9.97g (15.34%), Saturated Fat: 1.44g (9%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.59g (1.77%), Cholesterol: 0mg (0%), Sodium: 202.34mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.63%), Fiber: 5.11g (20.42%), Vitamin C: 16.02mg (19.42%), Vitamin K: 19.89µg (18.95%), Folate: 64.66µg (16.16%), Potassium: 432.77mg (12.36%), Vitamin B6: 0.23mg (11.27%), Vitamin B5: 1.1mg (11.01%), Vitamin E: 1.44mg (9.63%), Copper: 0.19mg (9.39%), Manganese: 0.16mg (8.05%), Magnesium: 28.91mg (7.23%), Vitamin B2: 0.11mg (6.27%), Vitamin B3: 1.23mg (6.17%), Phosphorus: 51.18mg (5.12%), Vitamin B1: 0.07mg (4.72%), Zinc: 0.56mg (3.73%), Vitamin A: 186.16IU (3.72%), Iron: 0.55mg (3.06%), Calcium: 20.44mg (2.04%)