



Basic Tomato Gazpacho

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



72 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 servings pepper black freshly ground
- 1 medium cucumber english
- 1 medium garlic clove coarsely chopped
- 1 medium bell pepper green cored seeded
- 1.5 teaspoons kosher salt as needed plus more
- 3 tablespoons olive oil extra virgin extra-virgin plus more for drizzling
- 0.5 medium onion red
- 2 tablespoons red wine vinegar as needed plus more

- 3 cups sacramento tomato juice
- 1.5 pounds tomatoes cored ripe

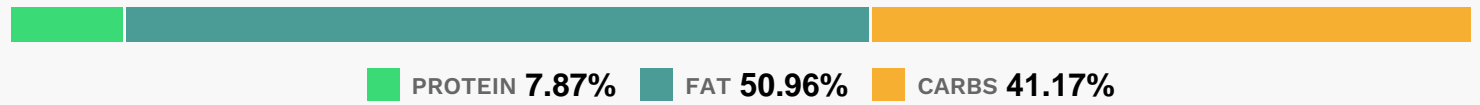
Equipment

- bowl
- blender

Directions

- Place the tomatoes, bell pepper, cucumber, onion, and garlic in a blender and blend into a smooth purée. (If you need to get the mixture moving, add a little of the tomato juice while the blender is running.)
- Transfer to a large serving bowl, add the tomato juice, measured oil, vinegar, measured salt, and pepper to taste and stir to combine. Taste and season with additional vinegar, salt, and pepper as needed. Cover and refrigerate until chilled.
- Serve with croutons, if using, and a drizzle of olive oil.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:1.76, Inflammation Score:-7, Nutrition Score:7.2960868633312%

Flavonoids

Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 72.12kcal (3.61%), Fat: 4.44g (6.82%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 8.06g (2.69%), Net Carbohydrates: 6.48g (2.36%), Sugar: 5.41g (6.01%), Cholesterol: 0mg (0%), Sodium: 361.09mg (15.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.08%), Vitamin C: 33.59mg (40.71%), Vitamin A: 971.03IU (19.42%), Vitamin K: 15.57µg (14.83%), Potassium: 404.96mg (11.57%), Manganese: 0.19mg (9.7%), Vitamin B6: 0.18mg (9.23%), Vitamin E: 1.26mg (8.41%), Folate: 29.15µg (7.29%), Fiber: 1.59g (6.34%), Copper: 0.11mg (5.49%),

Magnesium: 21.52mg (5.38%), Vitamin B1: 0.08mg (5.17%), Vitamin B3: 0.99mg (4.95%), Phosphorus: 41.48mg (4.15%), Iron: 0.69mg (3.82%), Vitamin B5: 0.34mg (3.42%), Vitamin B2: 0.05mg (2.99%), Calcium: 22.77mg (2.28%), Zinc: 0.32mg (2.11%)