



Buttermilk Gazpacho



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



110 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups buttermilk
- ☐ 0.8 lb cucumber peeled cut into chunks
- ☐ 1 tablespoon jalapeño chili fresh chopped
- ☐ 3 servings salt and pepper
- ☐ 1 cup tomatoes ripe coarsely chopped
- ☐ 0.7 cup walla walla sweet coarsely chopped

Equipment

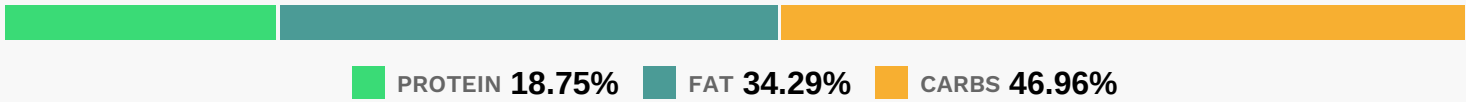
- ☐ food processor

- ☐ bowl
- ☐ ladle
- ☐ knife
- ☐ mixing bowl

Directions

- ☐ In a food processor or with a knife, mince cucumber, onion, tomato, and jalapeo.
- ☐ Scrape vegetable mixture into a large bowl, stir in buttermilk, and season to taste with salt and pepper.
- ☐ Serve soup with a few ice cubes added to each bowl. Or nest mixing bowl in ice and stir often until cold, about 10 minutes, then ladle into bowls.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:2.63, Inflammation Score:-7, Nutrition Score:9.6173912131268%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 109.78kcal (5.49%), Fat: 4.3g (6.61%), Saturated Fat: 2.31g (14.46%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 11.4g (4.14%), Sugar: 10.72g (11.91%), Cholesterol: 13.2mg (4.4%), Sodium: 327.54mg (14.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin C: 18.07mg (21.9%), Calcium: 166.67mg (16.67%), Vitamin B2: 0.25mg (14.99%), Vitamin A: 747.63IU (14.95%), Phosphorus: 148.63mg (14.86%), Potassium: 488.68mg (13.96%), Vitamin K: 13.48µg (12.84%), Vitamin D: 1.56µg (10.4%), Vitamin B6: 0.21mg (10.4%), Folate: 38.85µg (9.71%), Vitamin B12: 0.55µg (9.2%), Manganese: 0.18mg (8.83%), Magnesium: 35.03mg (8.76%), Vitamin B1: 0.13mg (8.43%), Vitamin B5: 0.82mg (8.23%), Copper: 0.16mg (8.11%), Fiber: 1.85g (7.4%), Selenium: 4.75µg (6.79%), Zinc: 0.79mg (5.25%), Vitamin E: 0.57mg (3.82%), Iron: 0.53mg (2.92%), Vitamin B3: 0.56mg (2.78%)