



Celery Apple Gazpacho



Vegetarian



Vegan



Dairy Free

READY IN



1500 min.

SERVINGS



4

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 inch crusty baguette
- ☐ 0.3 cup blanched almonds and chopped
- ☐ 1 stick celery thin
- ☐ 3 cups celery stalks chopped
- ☐ 1 apples i use 2 granny smith apples cored peeled
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 teaspoon salt

☐ 1.5 cups water cold

Equipment

☐ sieve

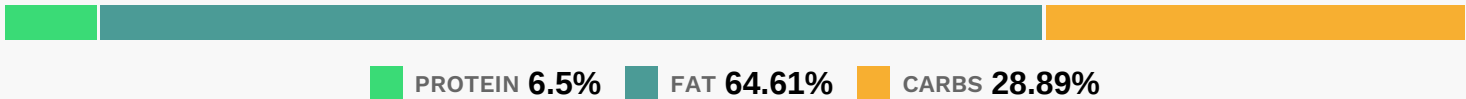
☐ blender

Directions

☐ Purée celery, apple, water, lemon juice, and salt in a blender until smooth. Chill mixture in blender, covered, 1 hour. Reblend, then strain through a fine-mesh sieve. Soak bread in strained soup 3 minutes. Rinse blender and pulse almonds until finely ground.

☐ Add soup with bread and blend. Then, with motor running, add oil in a slow stream, blending until emulsified.

Nutrition Facts



Properties

Glycemic Index:41.94, Glycemic Load:2.66, Inflammation Score:-5, Nutrition Score:7.3113043567409%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg, Apigenin: 2.45mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 149.4kcal (7.47%), Fat: 11.39g (17.52%), Saturated Fat: 1.34g (8.35%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 8.17g (2.97%), Sugar: 6.43g (7.14%), Cholesterol: 0mg (0%), Sodium: 668.3mg (29.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.15%), Vitamin K: 30.4µg (28.95%), Vitamin E: 3.19mg (21.25%),

Fiber: 3.29g (13.15%), Manganese: 0.26mg (12.92%), Folate: 38.85µg (9.71%), Potassium: 329.53mg (9.42%), Magnesium: 34.27mg (8.57%), Vitamin A: 410.36IU (8.21%), Vitamin C: 6.2mg (7.52%), Vitamin B2: 0.12mg (7.23%), Copper: 0.14mg (7%), Phosphorus: 65.27mg (6.53%), Calcium: 60.78mg (6.08%), Vitamin B6: 0.09mg (4.74%), Vitamin B1: 0.05mg (3.51%), Vitamin B3: 0.68mg (3.4%), Iron: 0.6mg (3.31%), Vitamin B5: 0.28mg (2.75%), Zinc: 0.39mg (2.59%), Selenium: 0.93µg (1.32%)