



## Charred Tomato Gazpacho



Vegetarian



Vegan



Dairy Free

READY IN



160 min.

SERVINGS



6

CALORIES



103 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup unseasoned bread cubes white crustless
- 0.5 teaspoon coriander seeds crushed
- 1 kirby cucumber
- 0.5 teaspoon cumin seeds
- 1 large clove garlic
- 1 bell pepper green
- 6 servings kosher salt
- 0.5 cup olive oil extra-virgin

- 6 servings pepper freshly ground
- 2 tablespoons sherry vinegar
- 0.5 teaspoon sugar
- 3.3 pounds tomatoes halved

## Equipment

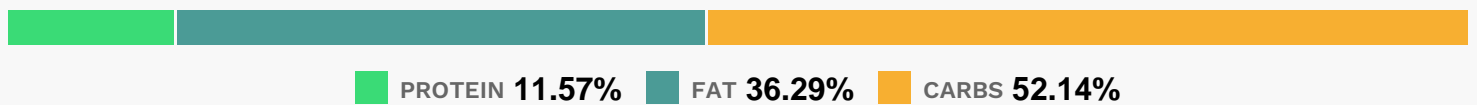
- bowl
- frying pan
- ladle
- knife
- sieve
- blender
- grill
- measuring cup
- grill pan

## Directions

- Preheat a grill or grill pan to medium high.
- Heat the cumin seeds, coriander seeds and 1/2 cup olive oil in a small skillet over medium-low heat until the seeds are toasted, about 3 minutes.
- Transfer to a liquid measuring cup.
- Transfer 3 tablespoons of the spiced oil and about half of the seeds to a small bowl; reserve for topping.
- Put the bread cubes in a bowl, cover with water and let soak 2 minutes.
- Drain, squeeze dry and set aside.
- Mince the garlic, then sprinkle with a pinch of salt and mash it into a paste with the flat side of a knife.
- Toss the tomatoes in a bowl with the remaining 1 tablespoon olive oil and grill until charred, about 3 minutes per side.

- Transfer half each of the charred tomatoes, bread, garlic paste, sugar and vinegar to a blender; add 1/4 teaspoon salt and puree until smooth. With the motor running, add about half of the spiced oil from the measuring cup.
- Pour the mixture through a fine-mesh sieve into a bowl. Blend the remaining tomatoes, bread, garlic paste, sugar and vinegar with the other half of the spiced oil and 1/4 teaspoon salt, then strain into the bowl. Chill the soup at least 2 hours.
- Dice the cucumber and bell pepper. Season the soup with salt and pepper. Ladle into bowls; drizzle with the reserved spiced oil and top with the diced vegetables.
- Photograph by Con Poulos

## Nutrition Facts



### Properties

Glycemic Index:43.13, Glycemic Load:4.16, Inflammation Score:-9, Nutrition Score:13.073913087016%

### Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

### Nutrients (% of daily need)

Calories: 103.15kcal (5.16%), Fat: 4.49g (6.91%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 10.57g (3.84%), Sugar: 8.24g (9.15%), Cholesterol: 0mg (0%), Sodium: 230.66mg (10.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin C: 51.44mg (62.36%), Vitamin A: 2158.83IU (43.18%), Vitamin K: 27.05µg (25.77%), Manganese: 0.43mg (21.45%), Potassium: 702.05mg (20.06%), Fiber: 3.95g (15.78%), Vitamin B6: 0.28mg (13.94%), Vitamin E: 1.95mg (13%), Folate: 49.85µg (12.46%), Copper: 0.21mg (10.35%), Magnesium: 38.58mg (9.65%), Vitamin B1: 0.14mg (9.3%), Vitamin B3: 1.85mg (9.25%), Phosphorus: 82.29mg (8.23%), Iron: 1.21mg (6.72%), Vitamin B2: 0.08mg (4.61%), Calcium: 43.93mg (4.39%), Zinc: 0.6mg (4.01%), Vitamin B5: 0.4mg (4.01%), Selenium: 1.52µg (2.18%)