



## Chilled Mexican-Style Salsa Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



54 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups cherry tomatoes
- 0.3 cup firmly cilantro leaves packed
- 0.8 cup cucumber diced peeled seeded
- 1.5 cups bell pepper green cut into 1-inch pieces
- 6 tablespoons juice of lime fresh ( 3 medium limes)
- 2 teaspoons paprika
- 0.3 cup onion red chopped
- 0.8 teaspoon salt

1 cup vegetable juice (such as V8)

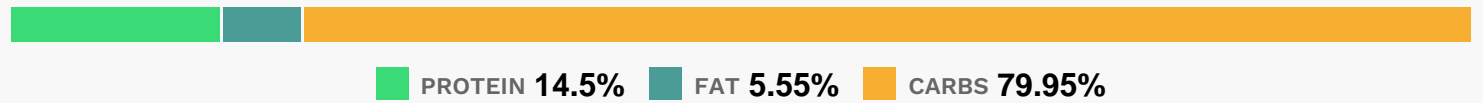
## Equipment

blender

## Directions

Place first 9 ingredients and ground red pepper, if desired, in a blender; process until finely minced. Cover and chill thoroughly. Top each serving with 1 tablespoon sour cream, if desired.

## Nutrition Facts



## Properties

Glycemic Index:35.5, Glycemic Load:1.39, Inflammation Score:-8, Nutrition Score:10.909999881102%

## Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg, Luteolin: 2.64mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

## Nutrients (% of daily need)

Calories: 54.29kcal (2.71%), Fat: 0.38g (0.58%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 9.5g (3.46%), Sugar: 6.59g (7.32%), Cholesterol: 0mg (0%), Sodium: 553.19mg (24.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Vitamin C: 88.63mg (107.43%), Vitamin A: 1658.45IU (33.17%), Potassium: 484.76mg (13.85%), Vitamin B6: 0.24mg (12.21%), Vitamin K: 12.11µg (11.53%), Fiber: 2.82g (11.29%), Manganese: 0.21mg (10.36%), Iron: 1.21mg (6.74%), Vitamin E: 1mg (6.66%), Copper: 0.13mg (6.57%), Folate: 24.66µg (6.16%), Vitamin B1: 0.08mg (5.48%), Magnesium: 20.47mg (5.12%), Phosphorus: 47.91mg (4.79%), Vitamin B3: 0.83mg (4.16%), Calcium: 36.4mg (3.64%), Vitamin B2: 0.06mg (3.48%), Vitamin B5: 0.29mg (2.86%), Zinc: 0.31mg (2.06%)