



Chilled White Gazpacho

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



456 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup almonds lightly toasted
- 2 slices country bread white cubed
- 6 servings chives chopped for garnish
- 2 cloves garlic smashed
- 6 servings champagne grapes
- 1 cup heavy cream soft
- 2 tablespoons pinenuts toasted
- 6 servings slivered almonds toasted for garnish, optional

- 2 tablespoons verjus
- 2 tablespoons walnut oil
- 0.5 cup water
- 1 cup grape juice white
- 2.5 cups grapes white

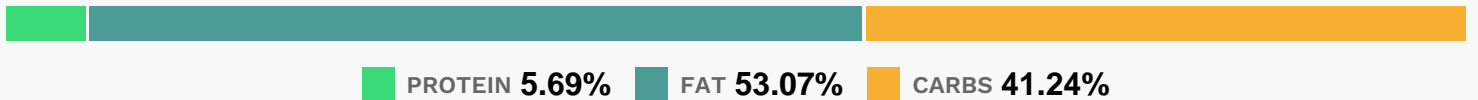
Equipment

- bowl
- ladle
- blender

Directions

- Place almonds, pine nuts, garlic, grapes, grape juice, water, and bread in a blender and puree until smooth. Strain the mixture into a bowl. Chill the soup for at least 30 minutes.
- Remove soup from refrigerator and fold the whipped heavy cream into the soup. Finish with a few tablespoons each of the verjus and walnut oil. Ladle into serving bowls and garnish each with chives, almonds and grapes, if desired.

Nutrition Facts



Properties

Glycemic Index:43.63, Glycemic Load:18.09, Inflammation Score:-6, Nutrition Score:13.934347867966%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Petunidin: 0.43mg, Petunidin: 0.43mg, Petunidin: 0.43mg, Petunidin: 0.43mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Malvidin: 4.71mg, Malvidin: 4.71mg, Malvidin: 4.71mg, Malvidin: 4.71mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg

Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 455.93kcal (22.8%), Fat: 28.55g (43.92%), Saturated Fat: 10.39g (64.91%), Carbohydrates: 49.91g (16.64%), Net Carbohydrates: 46.15g (16.78%), Sugar: 38.08g (42.31%), Cholesterol: 44.82mg (14.94%), Sodium: 58.08mg (2.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.77%), Manganese: 0.89mg (44.68%), Vitamin K: 33.68µg (32.08%), Vitamin E: 4.38mg (29.21%), Vitamin B2: 0.39mg (22.95%), Copper: 0.45mg (22.35%), Magnesium: 66.58mg (16.64%), Potassium: 573.67mg (16.39%), Phosphorus: 159.52mg (15.95%), Vitamin B1: 0.23mg (15.27%), Vitamin A: 755.96IU (15.12%), Fiber: 3.76g (15.04%), Vitamin B6: 0.23mg (11.61%), Calcium: 105.89mg (10.59%), Iron: 1.8mg (10.01%), Vitamin C: 7.25mg (8.78%), Vitamin B3: 1.46mg (7.3%), Zinc: 0.97mg (6.45%), Selenium: 4.02µg (5.74%), Folate: 22.51µg (5.63%), Vitamin D: 0.63µg (4.23%), Vitamin B5: 0.34mg (3.41%), Vitamin B12: 0.06µg (1.06%)