



Chunky Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



89 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 tablespoon basil
- ☐ 1 cup celery finely chopped
- ☐ 2 cups cucumber peeled coarsely chopped (2 medium)
- ☐ 3 garlic clove minced
- ☐ 1.5 cups bell pepper green chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 1 tablespoon olive oil

- ☐ 0.5 teaspoon pepper
- ☐ 1 tablespoon rice vinegar
- ☐ 0.8 teaspoon salt
- ☐ 3 pounds tomatoes coarsely chopped
- ☐ 32 ounce sacramento tomato juice low-sodium
- ☐ 1.3 cups onion sweet finely chopped

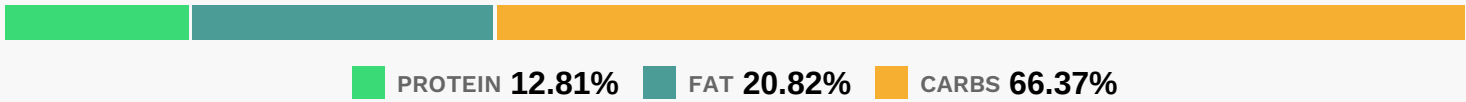
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a large bowl; stir well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:44.79, Glycemic Load:3.61, Inflammation Score:-9, Nutrition Score:14.76260896351%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg, Quercetin: 6.65mg

Nutrients (% of daily need)

Calories: 88.91kcal (4.45%), Fat: 2.3g (3.54%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 12.82g (4.66%), Sugar: 11.38g (12.64%), Cholesterol: 0mg (0%), Sodium: 258.83mg (11.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.19g (6.37%), Vitamin C: 69.76mg (84.55%), Vitamin A: 2125.82IU (42.52%), Vitamin K: 26.6µg (25.34%), Potassium: 829.11mg (23.69%), Manganese: 0.41mg (20.28%), Vitamin B6: 0.4mg (19.92%), Folate: 66.18µg (16.54%), Fiber: 3.69g (14.76%), Copper: 0.24mg (11.84%), Vitamin E: 1.69mg (11.27%), Magnesium: 42.54mg (10.64%), Vitamin B1: 0.16mg (10.53%), Vitamin B3: 2.01mg (10.03%), Phosphorus: 86.13mg (8.61%), Iron: 1.27mg (7.07%), Vitamin B5: 0.61mg (6.07%), Vitamin B2: 0.1mg (5.74%), Calcium: 49.71mg

(4.97%), Zinc: 0.62mg (4.13%), Selenium: 0.73µg (1.04%)