



Chunky Gazpacho with Sautéed Shrimp

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



190 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cucumber english divided chopped
- ☐ 0.5 cup yogurt plain fat-free greek-style
- ☐ 3 tablespoons basil fresh divided chopped
- ☐ 1 garlic clove peeled
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 0.8 cup bell pepper red divided chopped
- ☐ 0.5 teaspoon salt

- ☐ 1 pound shrimp deveined peeled
- ☐ 1.5 pounds tomatoes red divided cored chopped
- ☐ 1.5 cups vegetable juice chilled low-sodium
- ☐ 12 ounces tomatoes yellow seeded chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender
- ☐ grill
- ☐ grill pan

Directions

- ☐ Place vegetable juice, salt, ground red pepper, half of red tomatoes, and garlic in a blender; process until smooth.
- ☐ Pour pureed tomato mixture into a large bowl.
- ☐ Place the remaining red tomatoes, 2/3 cup cucumber, 1/2 cup bell pepper, 1 tablespoon basil, and lemon juice in blender; process until smooth.
- ☐ Add to pureed tomato mixture in bowl. Stir in remaining 1/3 cup cucumber, 1/4 cup bell pepper, and yellow tomatoes. Cover and chill.
- ☐ Heat a large grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Add shrimp to pan; grill 2 minutes on each side or until done.
- ☐ Remove from heat.
- ☐ Ladle about 1 3/4 cups soup into each of 4 bowls; top each serving with 4 ounces shrimp, 2 tablespoons yogurt, and 1 1/2 teaspoons basil.

Nutrition Facts



PROTEIN 56.61% **FAT 6.08%** **CARBS 37.31%**

Properties

Glycemic Index:61.25, Glycemic Load:3.47, Inflammation Score:-10, Nutrition Score:21.123478391896%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 190.03kcal (9.5%), Fat: 1.34g (2.07%), Saturated Fat: 0.26g (1.62%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 14.43g (5.25%), Sugar: 11.58g (12.87%), Cholesterol: 183.18mg (61.06%), Sodium: 636.17mg (27.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.19g (56.38%), Vitamin C: 97.31mg (117.95%), Vitamin A: 3173.48IU (63.47%), Phosphorus: 378.32mg (37.83%), Potassium: 1286.88mg (36.77%), Copper: 0.66mg (32.95%), Vitamin K: 25.42µg (24.21%), Manganese: 0.42mg (20.96%), Magnesium: 82.74mg (20.69%), Calcium: 185.14mg (18.51%), Folate: 71.61µg (17.9%), Zinc: 2.49mg (16.61%), Fiber: 4.15g (16.61%), Vitamin B6: 0.31mg (15.37%), Vitamin B3: 2.38mg (11.9%), Iron: 2.03mg (11.28%), Vitamin B2: 0.18mg (10.57%), Vitamin E: 1.41mg (9.38%), Vitamin B1: 0.14mg (9.21%), Vitamin B5: 0.61mg (6.12%), Vitamin B12: 0.19µg (3.11%), Selenium: 1.67µg (2.39%)