



Chunky Shrimp Gazpacho

 Gluten Free  Dairy Free

READY IN



7 min.

SERVINGS



7

CALORIES



96 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium size bell pepper green
- 1 teaspoon herbes de provence or dried
- 42 ounce no-salt-added tomatoes diced canned
- 3 tablespoons picante sauce
- 0.5 medium size purple onion
- 1 pound shrimp fresh deveined peeled
- 3 cups water
- 1 small baby squash yellow

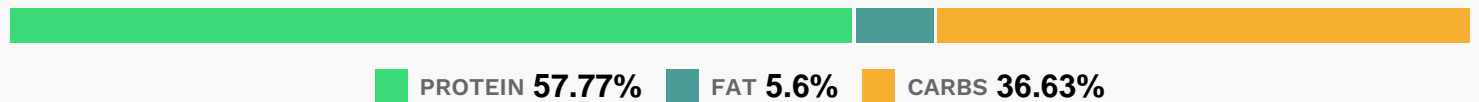
Equipment

- bowl
- sauce pan

Directions

- Bring 3 cups water to a boil in a medium saucepan.
- Add shrimp; cook 3 to 5 minutes or until shrimp turn pink.
- Drain and rinse under cold water.
- While shrimp cook, chop onion, squash, and pepper; place in a large bowl.
- Add cooked shrimp, tomatoes, herbs, and picante sauce to vegetable mixture, stirring well. Cover and chill at least 10 minutes.

Nutrition Facts



Properties

Glycemic Index:9.86, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:10.05739130922%

Flavonoids

Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg, Isorhamnetin: 0.39mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 95.62kcal (4.78%), Fat: 0.64g (0.99%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 9.44g (3.15%), Net Carbohydrates: 6.96g (2.53%), Sugar: 5.42g (6.03%), Cholesterol: 104.33mg (34.78%), Sodium: 145.41mg (6.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.9g (29.8%), Vitamin C: 33.14mg (40.16%), Copper: 0.42mg (20.78%), Phosphorus: 185.55mg (18.56%), Potassium: 595.09mg (17%), Vitamin B6: 0.29mg (14.3%), Iron: 2.33mg (12.92%), Magnesium: 49.1mg (12.27%), Manganese: 0.23mg (11.59%), Calcium: 107.9mg (10.79%), Fiber: 2.49g (9.94%), Vitamin K: 9.47µg (9.01%), Vitamin E: 1.34mg (8.9%), Zinc: 1.22mg (8.16%), Vitamin B2: 0.13mg (7.48%), Vitamin B3: 1.47mg (7.34%), Vitamin B1: 0.1mg (6.74%), Vitamin A: 334.13IU (6.68%), Folate: 22.35µg (5.59%), Vitamin B5: 0.27mg (2.67%)