



Classic Andalusian Gazpacho

 Vegetarian  Vegan  Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



122 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 inch crusty baguette
- 4 servings bell pepper green red finely chopped
- 2 garlic clove
- 0.5 teaspoon ground cumin
- 0.5 cup olive oil extra virgin extra-virgin (preferably Andalusian hojiblanca)
- 2 teaspoons salt
- 2 tablespoons sherry vinegar to taste (preferably "reserva")
- 1 teaspoon sugar

2.5 lb tomatoes cored ripe quartered

Equipment

food processor

bowl

knife

sieve

mortar and pestle

Directions

Soak bread in 1/2 cup water 1 minute, then squeeze dry, discarding soaking water.

Mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a large knife). Blend garlic paste, bread, 2 tablespoons vinegar, sugar, cumin, and half of tomatoes in a food processor until tomatoes are very finely chopped.

Add remaining tomatoes with motor running and, when very finely chopped, gradually add oil in a slow stream, blending until as smooth as possible, about 1 minute.

Force soup through a sieve into a bowl, pressing firmly on solids. Discard solids.

Transfer to a glass container and chill, covered, until cold, about 3 hours. Season with salt and vinegar before serving.

·Gazpacho can be chilled up to 2 days.

Nutrition Facts

 **PROTEIN 9.86%**  **FAT 41.84%**  **CARBS 48.3%**

Properties

Glycemic Index:56.21, Glycemic Load:4.33, Inflammation Score:-9, Nutrition Score:15.857826144799%

Flavonoids

Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg, Naringenin: 1.93mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg, Luteolin: 2.83mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 122.4kcal (6.12%), Fat: 6.17g (9.49%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 11.53g (4.19%), Sugar: 9.96g (11.07%), Cholesterol: 0mg (0%), Sodium: 1187.94mg (51.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.54%), Vitamin C: 87.2mg (105.7%), Vitamin A: 2584.98IU (51.7%), Vitamin K: 30.13µg (28.69%), Potassium: 791.31mg (22.61%), Manganese: 0.44mg (22.08%), Vitamin B6: 0.38mg (19.05%), Fiber: 4.5g (17.99%), Vitamin E: 2.54mg (16.95%), Folate: 49.9µg (12.48%), Copper: 0.22mg (10.82%), Vitamin B3: 2.05mg (10.25%), Vitamin B1: 0.15mg (10.05%), Magnesium: 39.08mg (9.77%), Phosphorus: 85.29mg (8.53%), Iron: 1.28mg (7.1%), Vitamin B2: 0.08mg (4.54%), Calcium: 41.91mg (4.19%), Zinc: 0.6mg (4.03%), Vitamin B5: 0.32mg (3.25%)