



Coconut-Tomato Gazpacho with Coriander - Mint Pickled Shrimp



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



173 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 1 cup coconut milk
- ☐ 2 tablespoons coriander seeds
- ☐ 5 sprigs cilantro leaves fresh
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 inch ginger root fresh minced peeled
- ☐ 5 sprigs mint leaves fresh

- ☐ 1 small onion red chopped
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 2 cups sherry vinegar
- ☐ 0.5 pound colossal shrimp shelled
- ☐ 1 large vine-ripened tomato whole
- ☐ 5 large vine-ripened tomatoes chopped
- ☐ 0.5 cup water

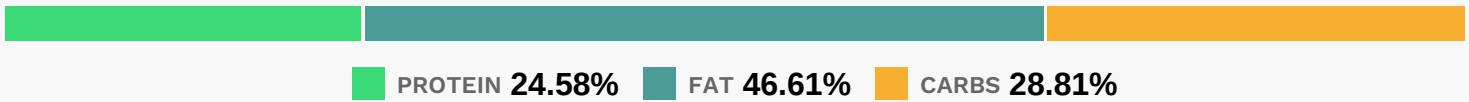
Equipment

- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ In a large saucepot, combine the vinegar, water, coriander seeds, peppercorns, cloves, and red pepper flakes. Bring the mixture to a boil over medium-high heat.
- ☐ Add the shrimp, mint, and cilantro. Turn off the heat and allow to cool for 30 minutes.
- ☐ Drain the shrimp.
- ☐ Combine the chopped tomatoes, red onion, ginger, and coconut milk in a blender and puree until smooth. Season the mixture with salt and pepper. Core the whole tomato and add to blender. Pulse the blender 5 times, or until the tomato is coarsely chopped.
- ☐ Transfer the gazpacho to the refrigerator to chill for at least 30 minutes.
- ☐ Serve the soup in small chilled bowls with a shrimp on top.
- ☐ Garnish with finely chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:51.83, Glycemic Load:3.5, Inflammation Score:-8, Nutrition Score:13.244782683642%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

Nutrients (% of daily need)

Calories: 173.16kcal (8.66%), Fat: 9.01g (13.86%), Saturated Fat: 7.27g (45.44%), Carbohydrates: 12.54g (4.18%), Net Carbohydrates: 8.72g (3.17%), Sugar: 5.62g (6.25%), Cholesterol: 60.86mg (20.29%), Sodium: 72.04mg (3.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.38%), Manganese: 0.84mg (41.88%), Vitamin A: 1744.32IU (34.89%), Vitamin C: 28.28mg (34.27%), Vitamin K: 23.51µg (22.39%), Potassium: 738.28mg (21.09%), Copper: 0.41mg (20.37%), Phosphorus: 184.33mg (18.43%), Magnesium: 66.08mg (16.52%), Iron: 2.88mg (15.97%), Fiber: 3.82g (15.28%), Folate: 38.7µg (9.67%), Vitamin B6: 0.19mg (9.62%), Calcium: 82.05mg (8.21%), Zinc: 1.21mg (8.08%), Vitamin E: 1.12mg (7.47%), Vitamin B3: 1.46mg (7.31%), Vitamin B1: 0.09mg (6.17%), Vitamin B2: 0.05mg (3.22%), Vitamin B5: 0.28mg (2.83%)