



WHATSheATE



Cook the Book: Kimchi Gazpacho with Shrimp



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



39 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings pepper black to taste
- ☐ 0.5 cup cucumber seedless peeled roughly chopped
- ☐ 1 large clove garlic
- ☐ 1 cup kimchi diced with juice, finely , or less to taste
- ☐ 1 cup littleneck clams raw cooked
- ☐ 3 tablespoons rice vinegar to taste
- ☐ 0.5 teaspoon salt
- ☐ 4 servings spring onion julienned

☐

3 cups tomatoes ripe peeled seeded roughly chopped

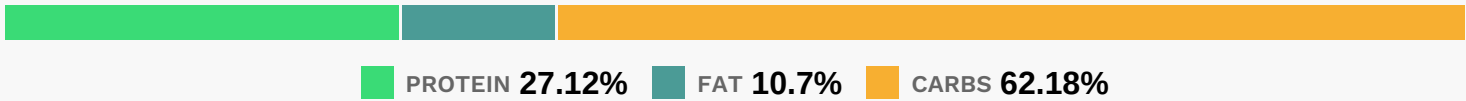
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ Put the tomatoes, cucumber, and garlic in a blender and process until smooth. In a separate bowl, add the blended ingredients to the kimchi with its juice, the vinegar, salt, and pepper. Cover and refrigerate until chilled.
- ☐ Ladle into chilled serving bowls, garnish with the shrimp and scallion greens, and serve. The soup is best served the same day it's made, as the kimchi will eventually cause the tomatoes to ferment.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:8.3604348586953%

Flavonoids

Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 39.19kcal (1.96%), Fat: 0.49g (0.76%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 4.34g (1.58%), Sugar: 3.63g (4.03%), Cholesterol: 2.55mg (0.85%), Sodium: 445.89mg (19.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Vitamin K: 35.17µg (33.5%), Vitamin A: 1055.56IU (21.11%), Vitamin C: 17.2mg (20.85%), Vitamin B12: 0.96µg (16.03%), Potassium: 355.98mg (10.17%), Folate: 38.35µg (9.59%), Manganese: 0.19mg (9.45%), Vitamin B6: 0.17mg (8.66%), Fiber: 2.11g (8.46%), Iron: 1.31mg (7.29%), Phosphorus: 58.07mg (5.81%), Vitamin B2: 0.09mg (5.59%), Magnesium: 21.62mg (5.4%), Vitamin B3: 1.05mg (5.27%), Copper: 0.1mg (4.93%), Vitamin E: 0.73mg (4.88%), Selenium: 2.97µg (4.25%), Vitamin B1: 0.06mg (3.7%), Calcium: 33.33mg (3.33%), Zinc: 0.36mg (2.4%), Vitamin B5: 0.16mg (1.62%)