



Crab-and-Shrimp Gazpacho

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



88 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound crab meat fresh drained
- 1 cucumber diced english peeled
- 0.3 cup basil fresh chopped
- 16 servings garlic-herb spread
- 2 garlic cloves minced
- 0.3 cup juice of lemon fresh
- 1 bell pepper diced red
- 0.3 cup red wine vinegar

- 1 tablespoon seafood seasoning
- 1 pound shrimp deveined cooked peeled
- 0.5 onion sweet chopped
- 3 large tomatoes diced seeded
- 46 ounce vegetable juice
- 1 bell pepper diced yellow

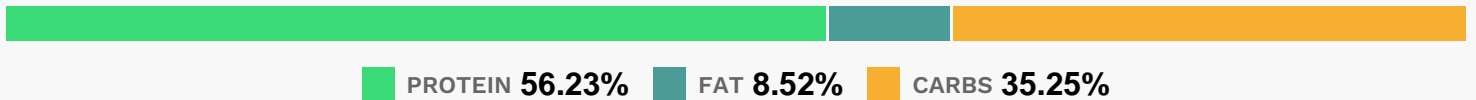
Equipment

- bowl

Directions

- Combine first 8 ingredients in a large bowl; stir in vegetable juice, lemon juice, and vinegar. Cover and chill. Stir in crab and shrimp.
- Serve with baguette slices and Garlic-Herb
- Spread.

Nutrition Facts



Properties

Glycemic Index:13.31, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:12.284347876259%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 87.67kcal (4.38%), Fat: 0.83g (1.28%), Saturated Fat: 0.28g (1.77%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 6.2g (2.25%), Sugar: 4.83g (5.37%), Cholesterol: 58.64mg (19.55%), Sodium: 421.01mg (18.3%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.65%), Vitamin C: 56.68mg (68.71%), Vitamin B12: 2.55µg (42.52%), Vitamin A: 1256.01IU (25.12%), Copper: 0.42mg (21.04%), Selenium: 10.53µg (15.05%), Zinc: 2.23mg (14.83%), Phosphorus: 143.77mg (14.38%), Potassium: 451.89mg (12.91%), Vitamin K: 9.74µg (9.28%), Magnesium: 33.99mg (8.5%), Folate: 28.01µg (7%), Vitamin B6: 0.14mg (6.76%), Manganese: 0.13mg (6.39%), Fiber: 1.53g (6.1%), Calcium: 58.33mg (5.83%), Iron: 0.92mg (5.13%), Vitamin B3: 0.7mg (3.51%), Vitamin B1: 0.04mg (2.84%), Vitamin B5: 0.23mg (2.32%), Vitamin B2: 0.04mg (2.17%), Vitamin E: 0.32mg (2.15%)