



Cucumber Gazpacho with Shrimp and Melon

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



139 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 inch ginger fresh coarsely chopped
- ☐ 0.5 cup herbs: rosemary fresh such as basil, chives, and mint, coarsely chopped, plus ¼ cup finely chopped (for garnish) assorted loosely packed ()
- ☐ 1 small clove garlic coarsely chopped
- ☐ 0.3 teaspoon hot sauce
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup yogurt plain low-fat
- ☐ 3 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 spring onion white green coarsely chopped (and parts)
- ☐ 0.3 pound shrimp cooked peeled cut into medium dice (8 shrimp) per pound) , , and
- ☐ 0.5 cup seeded/seedless watermelon seedless cut into small dice

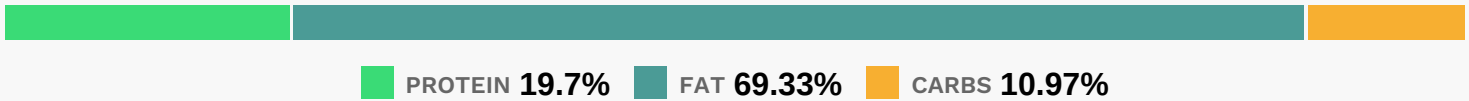
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ In blender or food processor, combine coarsely chopped cucumber, scallions, coarsely chopped herbs, ginger, garlic, olive oil, and yogurt and process until smooth, about 1 minute. Stir in 1/2 teaspoon salt, pepper, and hot sauce, then transfer to large airtight container and refrigerate 1 hour or up to 4 hours.
- ☐ In small bowl, stir together shrimp and remaining cucumbers, herbs, and salt.
- ☐ Fold watermelon or cantaloupe into soup. Divide soup evenly among 4 chilled bowls and top each with dollop of shrimp mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.92, Glycemic Load:1.28, Inflammation Score:-6, Nutrition Score:9.0260869886564%

Flavonoids

Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 139.04kcal (6.95%), Fat: 11g (16.92%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.49g (2.76%), Cholesterol: 46.56mg (15.52%), Sodium: 492.92mg (21.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.06%), Vitamin K: 142.01µg (135.25%), Vitamin A: 808.7IU (16.17%), Vitamin C: 13.23mg (16.04%), Vitamin E: 1.62mg (10.8%), Phosphorus: 93.05mg (9.3%), Copper: 0.14mg (7.16%), Calcium: 64.61mg (6.46%), Potassium: 198.92mg (5.68%), Magnesium: 20.18mg (5.04%), Iron: 0.85mg (4.74%), Folate: 17.65µg (4.41%), Zinc: 0.65mg (4.36%), Manganese: 0.07mg (3.53%), Vitamin B2: 0.05mg (2.97%), Fiber: 0.55g (2.18%), Vitamin B6: 0.04mg (1.9%), Vitamin B5: 0.18mg (1.75%), Vitamin B1: 0.02mg (1.65%), Vitamin B12: 0.09µg (1.43%), Selenium: 0.74µg (1.06%)