



Cucumber Gazpacho with Shrimp Relish

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



156 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 2.5 cups cucumber english chopped
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 large garlic clove peeled
- ☐ 2 cups grape tomatoes quartered
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 Dash ground pepper red
- ☐ 2 tablespoons juice of lime fresh

- ☐ 1 cup beef broth fat-free
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.3 cup onion chopped
- ☐ 0.3 teaspoon paprika
- ☐ 0.5 teaspoon salt divided
- ☐ 0.8 pound shrimp deveined peeled chopped
- ☐ 1 cup greek yogurt plain

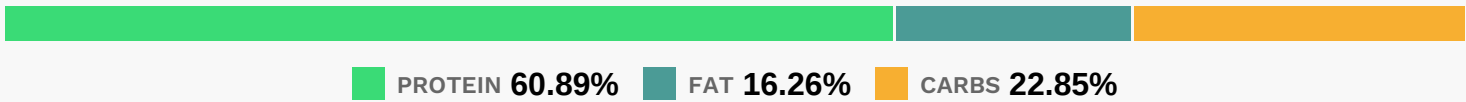
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Heat oil in a skillet over medium-high heat.
- ☐ Sprinkle shrimp with 1/4 teaspoon salt, 1/4 teaspoon black pepper, cumin, and paprika.
- ☐ Add shrimp to pan; saut 2 minutes or until done. Stir in tomatoes; remove from heat.
- ☐ Add cilantro.
- ☐ Place remaining 1/4 teaspoon salt, 1/4 teaspoon black pepper, cucumber, and remaining ingredients in a blender; process until smooth. Ladle 1 cup soup into each of 4 bowls; top with 3/4 cup relish.
- ☐ Sustainable Choice: Look for shrimp that are certified sustainable. U.S.-farmed shrimp or wild Northern shrimp from Canada are the best options. Avoid imported wild and farmed species.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:10.755652127059%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 156.21kcal (7.81%), Fat: 2.92g (4.49%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 7.64g (2.78%), Sugar: 5.27g (5.86%), Cholesterol: 139.43mg (46.48%), Sodium: 526.6mg (22.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.61g (49.22%), Phosphorus: 290.71mg (29.07%), Vitamin K: 22.52µg (21.44%), Copper: 0.43mg (21.42%), Potassium: 729.46mg (20.84%), Vitamin C: 15.64mg (18.96%), Vitamin A: 859.75IU (17.2%), Magnesium: 55.2mg (13.8%), Calcium: 136.18mg (13.62%), Manganese: 0.24mg (12.03%), Zinc: 1.72mg (11.44%), Vitamin B2: 0.19mg (10.91%), Selenium: 5.35µg (7.64%), Vitamin B6: 0.15mg (7.41%), Fiber: 1.6g (6.4%), Iron: 1.07mg (5.97%), Vitamin B12: 0.35µg (5.83%), Folate: 22.87µg (5.72%), Vitamin E: 0.82mg (5.45%), Vitamin B1: 0.07mg (4.44%), Vitamin B5: 0.44mg (4.4%), Vitamin B3: 0.68mg (3.39%)