



Dinner Tonight: Cool Summer Gazpacho



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



97 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups beef broth
- ☐ 1 cucumber english chopped
- ☐ 1 clove garlic minced pressed
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup onion chopped
- ☐ 1 tablespoon paprika
- ☐ 0.5 cup parsley chopped

- ☐ 0.1 teaspoon pepper
- ☐ 1.5 cups bell pepper green red chopped
- ☐ 1 teaspoon salt
- ☐ 1 cup sacramento tomato juice

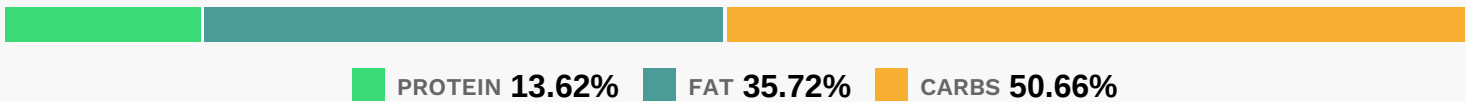
Equipment

- ☐ bowl

Directions

- ☐ In large bowl, combine all ingredients. If desired, purée. Cover and chill for at least 30 minutes, preferably a few hours.

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:1.71, Inflammation Score:-9, Nutrition Score:17.18521721985%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 2.72mg, Luteolin: 2.72mg, Luteolin: 2.72mg, Luteolin: 2.72mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg, Quercetin: 8.19mg

Nutrients (% of daily need)

Calories: 97.48kcal (4.87%), Fat: 4.34g (6.68%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 10.82g (3.94%), Sugar: 6.79g (7.55%), Cholesterol: 0mg (0%), Sodium: 1044.02mg (45.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Vitamin K: 144.58µg (137.69%), Vitamin C: 78.45mg (95.1%), Vitamin A: 2054.84IU (41.1%), Vitamin B6: 0.33mg (16.68%), Potassium: 562.14mg (16.06%), Manganese: 0.28mg (14.25%), Fiber: 3.03g (12.11%), Folate: 47.44µg (11.86%), Vitamin E: 1.53mg (10.21%), Iron: 1.82mg (10.13%), Vitamin B3: 2.02mg (10.1%), Magnesium: 35.81mg (8.95%), Phosphorus: 77.13mg (7.71%), Vitamin B1: 0.12mg (7.7%), Vitamin B2: 0.13mg (7.38%), Copper: 0.15mg (7.34%), Vitamin B5: 0.57mg (5.68%), Calcium: 55.37mg (5.54%), Zinc: 0.54mg (3.61%), Selenium: 1.65µg (2.35%), Vitamin B12: 0.08µg (1.4%)