



Easiest Garden Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



106 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup basil chopped
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 3 cucumber chopped quartered
- ☐ 1 garlic clove minced
- ☐ 0.3 cup spring onion chopped
- ☐ 1 tsp kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 1 pound tomatoes cored ripe chopped

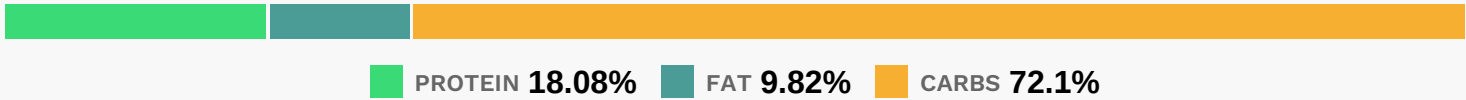
Equipment

☐ food processor

Directions

- ☐ Whirl everything except cucumbers together in a food processor until soup is the texture you like, about 15 seconds for a salsa-like pure. Chill to let flavors develop, at least 1 hour and up to 2 days, adding more salt if desired.
- ☐ Garnish with chopped cucumber.

Nutrition Facts



Properties

Glycemic Index:108.5, Glycemic Load:3.73, Inflammation Score:-9, Nutrition Score:22.654347798099%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 105.57kcal (5.28%), Fat: 1.27g (1.95%), Saturated Fat: 0.13g (0.84%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 14.49g (5.27%), Sugar: 12.8g (14.22%), Cholesterol: 0mg (0%), Sodium: 1187.46mg (51.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.52%), Vitamin K: 109.71µg (104.48%), Vitamin C: 53.41mg (64.75%), Vitamin A: 2770.91IU (55.42%), Potassium: 1235.18mg (35.29%), Manganese: 0.7mg (35%), Folate: 113.6µg (28.4%), Fiber: 6.5g (25.99%), Copper: 0.5mg (24.76%), Vitamin B6: 0.45mg (22.67%), Magnesium: 86.39mg (21.6%), Phosphorus: 161.51mg (16.15%), Vitamin B1: 0.24mg (16.04%), Vitamin B5: 1.34mg (13.37%), Iron: 2.06mg (11.47%), Calcium: 110.43mg (11.04%), Vitamin B2: 0.18mg (10.53%), Vitamin E: 1.56mg (10.42%), Zinc: 1.29mg (8.57%), Vitamin B3: 1.68mg (8.42%), Selenium: 0.81µg (1.16%)