



 **74%**
HEALTH SCORE

Easy Gazpacho

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon regular balsamic vinegar white
- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon chipotle chile powder
- 1 cucumber
- 2 tablespoons cilantro leaves fresh chopped
- 2 cups day-old whole-grain bread
- 1 teaspoon olive oil extra-virgin
- 1 orange bell pepper yellow

- 1 pound orange tomatoes yellow ripe
- 0.3 onion red
- 1 teaspoon salt
- 1 cup sacramento tomato juice low-sodium

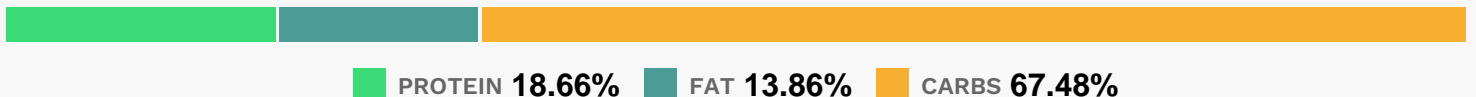
Equipment

- bowl
- blender

Directions

- Cube 2 ounces (2 cups) day-old whole-grain bread, and set aside (the more dried out it is, the better). Chop and seed 1 pound ripe yellow or orange tomatoes and 1 yellow or orange bell pepper. Peel, seed, and dice 1 cucumber. Dice 1/4 of a red onion.
- Combine tomatoes, bell pepper, cucumber, and onion in a large bowl.
- Add 1 tablespoon white or regular balsamic vinegar, 1 teaspoon extra-virgin olive oil, 1/4 teaspoon chipotle chile powder, 1 teaspoon salt, 1/4 teaspoon freshly ground black pepper, and stir.
- Place 3/4 of the gazpacho mixture into a blender.
- Add the bread and 1 cup low-sodium tomato juice. Blend until soupy but not entirely smooth.
- Pour blended mixture back into the bowl with the remaining unblended vegetables.
- Chill at least 1 hour.
- Garnish gazpacho with 2 tablespoons chopped fresh cilantro, and serve.

Nutrition Facts



Properties

Glycemic Index:72.26, Glycemic Load:32.36, Inflammation Score:-10, Nutrition Score:29.928695595783%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 362.16kcal (18.11%), Fat: 5.68g (8.74%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 62.21g (20.74%), Net Carbohydrates: 52.45g (19.07%), Sugar: 10.68g (11.87%), Cholesterol: 0mg (0%), Sodium: 1171.68mg (50.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.42%), Manganese: 2.79mg (139.42%), Vitamin C: 70.3mg (85.22%), Vitamin A: 2973.15IU (59.46%), Selenium: 31.3µg (44.72%), Vitamin B1: 0.59mg (39.07%), Fiber: 9.75g (39.01%), Vitamin B3: 6.65mg (33.26%), Phosphorus: 321.14mg (32.11%), Magnesium: 120.86mg (30.21%), Folate: 120.36µg (30.09%), Vitamin B6: 0.52mg (26.24%), Potassium: 857.38mg (24.5%), Iron: 4.18mg (23.25%), Calcium: 220.87mg (22.09%), Copper: 0.44mg (21.97%), Vitamin K: 18.94µg (18.03%), Vitamin B2: 0.3mg (17.66%), Zinc: 2.55mg (17.02%), Vitamin B5: 1.46mg (14.6%), Vitamin E: 1.48mg (9.85%)