



Easy Green Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



9 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



8 servings cilantro sprigs as needed for garnish



5 ounce rice wine vinegar



8 servings salt to taste



8 dash tabasco green to taste



8 servings pepper white to taste

Equipment



food processor

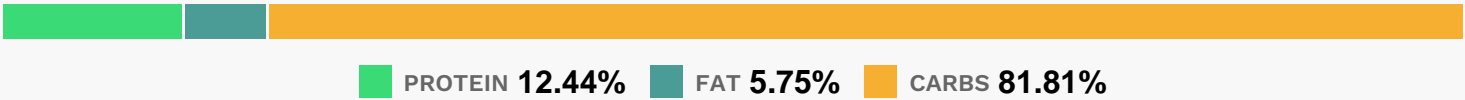


bowl

Directions

- ☐ Finely dice the cucumber, red onion, green bell peppers, and tomatillos by hand. Ideally the dice will be fairly fine, but the texture is entirely up to you.
- ☐ Place the diced mixture into a large serving bowl or pitcher. Scoop a bit more than half of these vegetables into the bowl of a food processor fitted with the blade attachment.
- ☐ Add all the chopped avocado and run the machine until a thick, smooth puree is achieved. Scrape the puree back into the serving bowl with the rest of the diced vegetables.
- ☐ Add the rice wine vinegar and green Tabasco sauce; stir to combine. Season with salt and white pepper.Cover and refrigerate at least 4 hours and up to 3 days.
- ☐ Serve chilled with a drizzle of olive oil (optional) and cilantro as garnish.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.57130435157729%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 9.14kcal (0.46%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 0.86g (0.31%), Sugar: 0.01g (0.01%), Cholesterol: 0mg (0%), Sodium: 196.93mg (8.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Manganese: 0.1mg (4.84%), Fiber: 0.53g (2.11%), Iron: 0.3mg (1.64%)