



Farmstand Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cucumber diced peeled ()
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 cups bell pepper diced red ()
- ☐ 0.5 cup onion diced red ()
- ☐ 0.5 cup red-wine vinegar
- ☐ 2 dashes all the tabasco sauce you handle
- ☐ 2 cups tomatoes diced ripe ()
- ☐ 2 cups sacramento tomato juice

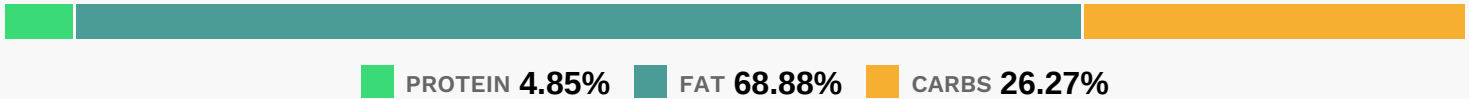
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Place all of the diced vegetables in a large bowl.
- ☐ Add the tomato juice, vinegar, oil, and Tabasco. Season with salt and pepper and toss.
- ☐ Transfer half of the mixture to a blender or food processor and pulse the machine on and off to coarsely puree the contents. Return the pureed mixture to the bowl and stir to combine. Refrigerate for 4 to 6 hours before serving. You can easily double this recipe for a large party.
- ☐ Per serving: 122 calories, 9g fat (1g saturated), 0mg cholesterol, 179mg sodium, 8g carbohydrates, 2g fiber, 2g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:1.86, Inflammation Score:-8, Nutrition Score:10.155217416908%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 117.1kcal (5.86%), Fat: 9.28g (14.28%), Saturated Fat: 1.29g (8.05%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 6.09g (2.21%), Sugar: 5.59g (6.21%), Cholesterol: 0mg (0%), Sodium: 12.53mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.94%), Vitamin C: 65.8mg (79.76%), Vitamin A: 1774.15IU (35.48%),

Vitamin E: 2.29mg (15.28%), Vitamin K: 14.02µg (13.35%), Vitamin B6: 0.23mg (11.73%), Potassium: 371.77mg (10.62%), Folate: 41.43µg (10.36%), Manganese: 0.17mg (8.54%), Fiber: 1.88g (7.5%), Magnesium: 20.84mg (5.21%), Vitamin B1: 0.08mg (5.16%), Vitamin B3: 1.02mg (5.09%), Copper: 0.09mg (4.72%), Iron: 0.73mg (4.08%), Phosphorus: 40.64mg (4.06%), Vitamin B2: 0.07mg (4.04%), Vitamin B5: 0.4mg (3.95%), Zinc: 0.33mg (2.17%), Calcium: 20.35mg (2.04%)