



Fire-Roasted Tomato Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



48 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 oz canned tomatoes diced organic undrained canned
- ☐ 1.5 cups sacramento tomato juice
- ☐ 1 cup cucumber peeled chopped
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 2 tablespoons onion red finely chopped
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 2 teaspoons citrus champagne vinegar

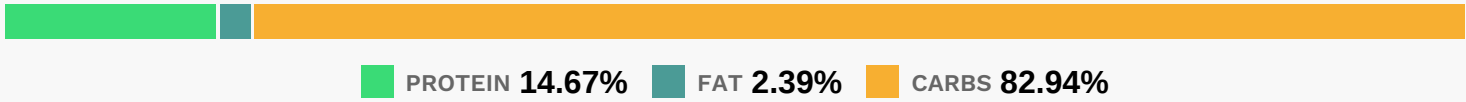
Equipment

☐ food processor

Directions

- ☐ In food processor, place all ingredients. Cover; process with quick on-and-off motions until mixture is coarsely pureed.
- ☐ Cover; refrigerate at least 1 hour to blend flavors before serving.

Nutrition Facts



Properties

Glycemic Index:34.33, Glycemic Load:1.39, Inflammation Score:-7, Nutrition Score:6.1839130961377%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 48.06kcal (2.4%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 8.69g (3.16%), Sugar: 6.68g (7.42%), Cholesterol: 0mg (0%), Sodium: 168.9mg (7.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin C: 31.95mg (38.72%), Vitamin A: 1150.24IU (23%), Potassium: 282.86mg (8.08%), Vitamin B6: 0.15mg (7.58%), Folate: 28.24µg (7.06%), Fiber: 1.67g (6.7%), Iron: 1.09mg (6.03%), Manganese: 0.11mg (5.35%), Vitamin K: 5.59µg (5.32%), Calcium: 46.68mg (4.67%), Copper: 0.08mg (4.17%), Vitamin B1: 0.06mg (4.04%), Magnesium: 15.78mg (3.95%), Vitamin B3: 0.72mg (3.62%), Vitamin B5: 0.34mg (3.44%), Vitamin E: 0.45mg (3.03%), Phosphorus: 27.55mg (2.76%), Vitamin B2: 0.05mg (2.71%), Zinc: 0.23mg (1.51%)