



HEALTH SCORE

53%

Fresh Market Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



10

CALORIES



99 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10 servings pepper black freshly ground to taste
- ☐ 15.5 ounce garbanzo beans drained and rinsed canned
- ☐ 1 stalk celery diced
- ☐ 1 cucumber diced peeled seeded
- ☐ 1 teaspoon curry powder
- ☐ 1 pinch tarragon dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic minced

- ☐ 2 green onions chopped
- ☐ 0.5 juice of lemon juiced
- ☐ 1 dash pepper sauce hot
- ☐ 0.5 bell pepper diced red
- ☐ 5 large roma tomatoes diced plum
- ☐ 2 tablespoons onion sweet finely chopped
- ☐ 46 fluid ounce sacramento tomato juice canned
- ☐ 0.5 bell pepper diced yellow

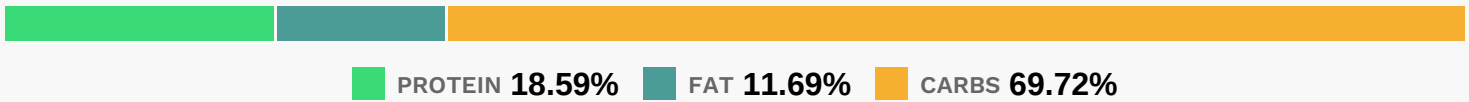
Equipment

- ☐ bowl

Directions

- ☐ In a large glass bowl, mix the tomatoes, garbanzo beans, celery, cucumber, green onions, sweet onion, parsley, red bell pepper, yellow bell pepper, lemon juice, and garlic.
- ☐ Pour in the tomato juice. Season with curry powder, tarragon, pepper, and hot pepper sauce. Chill in the refrigerator at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:5, Inflammation Score:-7, Nutrition Score:14.872608672018%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 3.35mg, Apigenin: 3.35mg, Apigenin: 3.35mg, Apigenin: 3.35mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 99.01kcal (4.95%), Fat: 1.45g (2.22%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 19.41g (6.47%), Net Carbohydrates: 13.82g (5.03%), Sugar: 7.73g (8.59%), Cholesterol: 0mg (0%), Sodium: 309.31mg (13.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.35%), Vitamin C: 39.72mg (48.15%), Vitamin K: 43.22µg (41.17%), Manganese: 0.73mg (36.28%), Vitamin B6: 0.5mg (24.85%), Fiber: 5.58g (22.33%), Vitamin A: 952.18IU (19.04%), Copper: 0.37mg (18.73%), Potassium: 639.17mg (18.26%), Iron: 2.76mg (15.34%), Vitamin E: 2.05mg (13.69%), Magnesium: 50.55mg (12.64%), Folate: 48.43µg (12.11%), Vitamin B3: 2.09mg (10.47%), Phosphorus: 100.4mg (10.04%), Vitamin B1: 0.15mg (9.86%), Calcium: 78.97mg (7.9%), Vitamin B5: 0.66mg (6.63%), Vitamin B2: 0.11mg (6.23%), Zinc: 0.85mg (5.67%), Selenium: 1.88µg (2.68%)