



Fresh Tomato Gazpacho



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 pound bread country-style cut into 1/2-inch pieces (4 cups)
- ☐ 1 cup cucumber english peeled chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon paprika
- ☐ 1 bell pepper diced red seeded
- ☐ 1 cup onion red chopped

- ☐ 0.3 cup sherry vinegar
- ☐ 2 pounds tomatoes halved
- ☐ 1 cup water

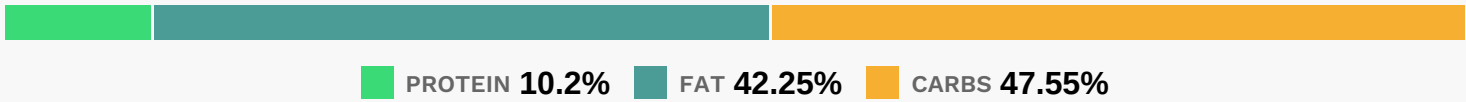
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Working over bowl, gently squeeze tomato halves to release seeds and juices. Strain juices, pressing on solids to extract as much juice as possible (about 1/2 cup). Discard seeds. Chop tomatoes.
- ☐ Transfer chopped tomatoes and tomato juices to large glass bowl.
- ☐ Add next 9 ingredients.
- ☐ Let stand at room temperature 1 hour.
- ☐ Working in batches, puree gazpacho with 1 cup water in blender until smooth.
- ☐ Pour gazpacho into coarse strainer set over large bowl. Press on solids to extract as much soup as possible. Season with salt and pepper. Chill at least 2 hours and up to 1 day.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:36.78, Glycemic Load:12.09, Inflammation Score:-9, Nutrition Score:15.536521870157%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg

0.21mg, Myricetin: 0.21mg Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg, Quercetin: 6.34mg

Nutrients (% of daily need)

Calories: 232.56kcal (11.63%), Fat: 11.2g (17.23%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 23.92g (8.7%), Sugar: 8.44g (9.38%), Cholesterol: 0mg (0%), Sodium: 192.08mg (8.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.17%), Vitamin C: 49.08mg (59.49%), Vitamin A: 1981.96IU (39.64%), Manganese: 0.72mg (35.84%), Vitamin K: 22.04µg (20.99%), Folate: 72.22µg (18.05%), Fiber: 4.44g (17.75%), Vitamin E: 2.56mg (17.09%), Vitamin B3: 3.27mg (16.36%), Vitamin B1: 0.24mg (16.25%), Selenium: 11.15µg (15.93%), Potassium: 535.32mg (15.29%), Vitamin B6: 0.27mg (13.72%), Iron: 2.21mg (12.27%), Phosphorus: 105.51mg (10.55%), Magnesium: 41.66mg (10.42%), Copper: 0.19mg (9.3%), Vitamin B2: 0.16mg (9.22%), Calcium: 77.7mg (7.77%), Vitamin B5: 0.6mg (6.01%), Zinc: 0.81mg (5.4%)