



Garden-Fresh Gazpacho

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



86 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 stalks celery chopped
- ☐ 12 servings optional: cream sour
- ☐ 1 cucumber peeled chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 bell pepper green chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 1 onion finely chopped

- ☐ 4 drops pepper sauce hot
- ☐ 12 servings salt and pepper to taste
- ☐ 4 cups sacramento tomato juice
- ☐ 6 to 8 tomatoes chopped

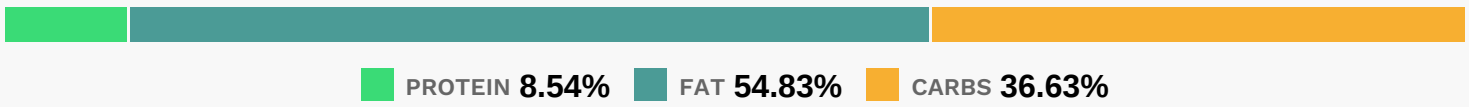
Equipment

- ☐ canning jar

Directions

- ☐ Combine all ingredients except sour cream, if using, in a large lidded container or gallon-size Mason jar. Refrigerate until well chilled. Dollop servings with sour cream, if desired.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:1.92, Inflammation Score:-7, Nutrition Score:8.1699998236221%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg, Apigenin: 1.53mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg, Quercetin: 3.43mg

Nutrients (% of daily need)

Calories: 86.16kcal (4.31%), Fat: 5.66g (8.71%), Saturated Fat: 3.49g (21.81%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 6.86g (2.49%), Sugar: 6.03g (6.7%), Cholesterol: 16.95mg (5.65%), Sodium: 222.1mg (9.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.97%), Vitamin C: 35.07mg (42.51%), Vitamin A: 1224.01IU (24.48%), Vitamin K: 21.69µg (20.66%), Potassium: 426.69mg (12.19%), Vitamin B6: 0.2mg (9.91%), Manganese: 0.18mg (8.94%), Folate: 35µg (8.75%), Fiber: 1.65g (6.6%), Copper: 0.12mg (5.94%), Magnesium: 22.57mg (5.64%), Vitamin B1: 0.08mg (5.6%), Vitamin E: 0.79mg (5.29%), Vitamin B3: 1.01mg (5.06%), Phosphorus: 49.74mg (4.97%), Vitamin B2: 0.08mg (4.7%), Vitamin B5: 0.39mg (3.93%), Iron: 0.69mg (3.86%), Calcium: 33.75mg (3.38%), Zinc: 0.35mg (2.33%), Vitamin D: 0.24µg (1.6%), Selenium: 0.82µg (1.17%)