



Garden Gazpacho

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



28 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon slivered purple basil leaves
- 0.3 cup bell pepper finely chopped
- 0.5 cup cucumber english finely chopped
- 2 teaspoons chives fresh chopped
- 1 tablespoon jalapeño chile minced
- 1 teaspoon kosher salt
- 2 teaspoons juice of lemon fresh
- 4 tomatoes ripe ()

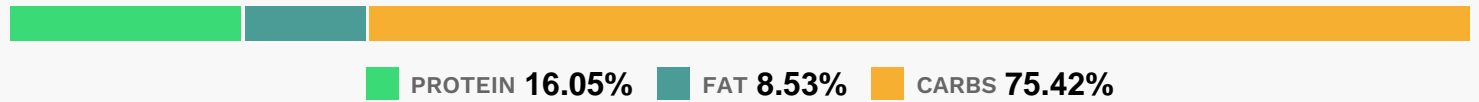
Equipment

- food processor
- bowl
- ladle

Directions

- Cut 3 tomatoes into chunks and pure in a food processor.
- Pour into a bowl. Chop remaining tomato and stir into pure with cucumber, bell pepper, salt, and lemon juice. Ladle into soup bowls.
- In a small bowl, combine basil, chile, and chives. Top each bowl of soup with a mound of the basil confetti.

Nutrition Facts



Properties

Glycemic Index:54.25, Glycemic Load:1.43, Inflammation Score:-8, Nutrition Score:7.10434783444446%

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: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 28.41kcal (1.42%), Fat: 0.31g (0.48%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 4.4g (1.6%), Sugar: 4.07g (4.52%), Cholesterol: 0mg (0%), Sodium: 588.33mg (25.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.67%), Vitamin C: 34.93mg (42.34%), Vitamin A: 1418.53IU (28.37%), Vitamin K: 16.14µg (15.37%), Potassium: 345.22mg (9.86%), Manganese: 0.17mg (8.7%), Fiber: 1.87g (7.48%), Vitamin B6: 0.15mg (7.45%), Folate: 26.02µg (6.51%), Vitamin E: 0.96mg (6.39%), Vitamin B3: 0.89mg (4.46%), Magnesium: 17.59mg (4.4%), Copper: 0.08mg (4.24%), Vitamin B1: 0.06mg (3.78%), Phosphorus: 36.81mg (3.68%), Iron: 0.45mg (2.49%), Vitamin B2: 0.04mg (2.33%), Vitamin B5: 0.19mg (1.9%), Zinc: 0.27mg (1.82%), Calcium: 17.34mg (1.73%)