



Garden Greens Gazpacho

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 cups cucumber divided peeled chopped
- 2 tablespoons cilantro leaves fresh minced
- 1 cup bell pepper green divided chopped
- 0.5 cup green onions sliced
- 1 tablespoon jalapeno seeded chopped
- 2 tablespoons juice of lime fresh
- 4 cups buttermilk low-fat divided

- 0.8 cup cup heavy whipping cream sour reduced-fat
- 0.8 teaspoon salt
- 1 cup pkt spinach chopped

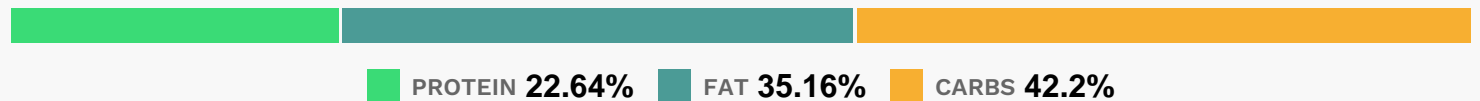
Equipment

- bowl
- ladle
- blender

Directions

- Place 1 cup cucumber, spinach, 2 cups buttermilk, 1/2 cup bell pepper, and the next 5 ingredients (bell pepper through black pepper) in a blender, and process until smooth.
- Pour pureed mixture into large bowl; stir in 1 cup cucumber, 2 cups buttermilk, 1/2 cup bell pepper, and onions. Ladle soup into bowls; top with sour cream.
- Garnish with cilantro leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:0.37, Inflammation Score:-7, Nutrition Score:11.358695724736%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 119.63kcal (5.98%), Fat: 4.93g (7.58%), Saturated Fat: 2.98g (18.65%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 12.11g (4.4%), Sugar: 9.34g (10.38%), Cholesterol: 16.46mg (5.49%), Sodium: 558.53mg (24.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.27%), Vitamin K: 47.91µg (45.63%), Vitamin C: 30.72mg (37.23%), Calcium: 247.79mg (24.78%), Vitamin B2: 0.32mg (18.71%), Phosphorus: 184.3mg (18.43%), Vitamin A:

884.6IU (17.69%), Potassium: 472.22mg (13.49%), Folate: 36.17µg (9.04%), Magnesium: 35mg (8.75%), Vitamin B6: 0.17mg (8.31%), Vitamin B12: 0.47µg (7.88%), Manganese: 0.15mg (7.5%), Vitamin B1: 0.1mg (6.99%), Zinc: 0.99mg (6.62%), Selenium: 4.26µg (6.09%), Vitamin B5: 0.6mg (5.98%), Fiber: 1.2g (4.78%), Copper: 0.09mg (4.44%), Vitamin E: 0.52mg (3.5%), Iron: 0.57mg (3.18%), Vitamin B3: 0.37mg (1.85%)