



Gazpacho

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



67 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup basil chopped
- 1 cucumber diced english seeded
- 0.3 cup flat-leaf parsley chopped
- 4 garlic cloves minced
- 1 bell pepper diced green seeded
- 2 tablespoons juice of lime
- 1 bell pepper diced red seeded
- 0.3 cup red wine vinegar

- 8 servings salt and pepper
- 1 onion sweet finely chopped (such as Vidalia)
- 4 large tomatoes diced seeded
- 3 cups spicy mixed-vegetable juice (such as V8)

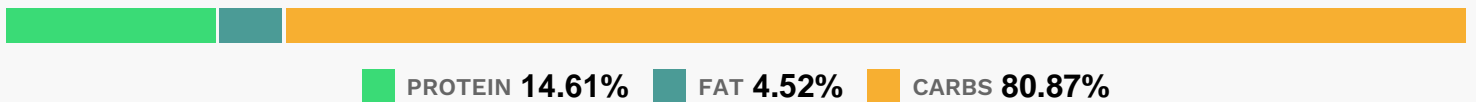
Equipment

- food processor
- bowl
- blender

Directions

- Mix cucumber, tomatoes, bell peppers, onion, garlic, vinegar, lime juice, vegetable juice, salt and pepper in a large bowl.
- Transfer half of mixture to a food processor or blender, process until smooth and return to bowl. Stir well.
- Stir in basil and parsley; chill for at least 2 hours to let flavors develop. Season with additional salt, if desired.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:2.62, Inflammation Score:-9, Nutrition Score:13.130434640076%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg, Quercetin: 6.96mg

Nutrients (% of daily need)

Calories: 66.58kcal (3.33%), Fat: 0.36g (0.55%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 11.26g (4.09%), Sugar: 9.16g (10.18%), Cholesterol: 0mg (0%), Sodium: 362.45mg (15.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Vitamin C: 77.62mg (94.09%), Vitamin K: 49.2µg (46.86%), Vitamin A: 2264.99IU (45.3%), Potassium: 578.55mg (16.53%), Fiber: 3.06g (12.25%), Manganese: 0.24mg (12.05%), Vitamin B6: 0.24mg (12.05%), Folate: 37.9µg (9.48%), Magnesium: 24.28mg (6.07%), Iron: 1.05mg (5.83%), Copper: 0.12mg (5.83%), Vitamin B1: 0.08mg (5.54%), Vitamin E: 0.83mg (5.54%), Phosphorus: 53.78mg (5.38%), Calcium: 48.15mg (4.81%), Vitamin B3: 0.9mg (4.48%), Vitamin B2: 0.06mg (3.49%), Vitamin B5: 0.3mg (3.03%), Zinc: 0.39mg (2.6%)