



Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



22 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 2 cups cucumber peeled chopped (2 medium)
- ☐ 1 cup bell pepper green chopped (1 large)
- ☐ 1 teaspoon hot sauce
- ☐ 0.1 teaspoon pepper
- ☐ 1 cup bell pepper sweet red chopped (1 large)
- ☐ 0.3 cup red wine vinegar
- ☐ 32 ounce vegetable juice

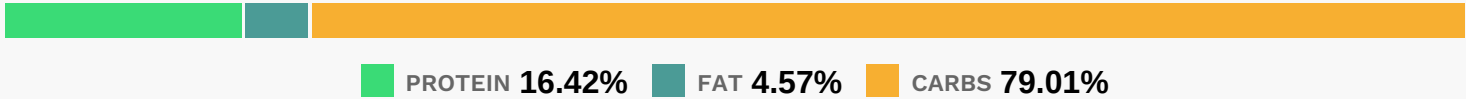
Equipment

- ☐ food processor
- ☐ bowl
- ☐ knife

Directions

- ☐ Combine all ingredients, stirring well. Position knife blade in food processor bowl; add one-third of vegetable mixture. Process 30 seconds or until smooth.
- ☐ Transfer mixture to a bowl. Repeat procedure twice with remaining mixture. Cover and chill at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:4.1108695404685%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 21.75kcal (1.09%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 3.34g (1.21%), Sugar: 3.07g (3.42%), Cholesterol: 0mg (0%), Sodium: 111.92mg (4.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 31.43mg (38.1%), Vitamin A: 688.29IU (13.77%), Potassium: 196.23mg (5.61%), Fiber: 1.13g (4.53%), Vitamin B6: 0.08mg (3.82%), Manganese: 0.07mg (3.39%), Vitamin K: 2.99µg (2.85%), Iron: 0.51mg (2.81%), Vitamin E: 0.41mg (2.71%), Copper: 0.05mg (2.69%), Folate: 8.72µg (2.18%), Magnesium: 7.5mg (1.87%), Vitamin B1: 0.03mg (1.86%), Vitamin B3: 0.37mg (1.83%), Calcium: 17.62mg (1.76%), Vitamin B2: 0.02mg (1.33%), Phosphorus: 13.08mg (1.31%), Vitamin B5: 0.12mg (1.2%)