



Gazpacho

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



136 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 teaspoons pepper black freshly ground
- 1 hothouse cucumber peeled halved seeded
- 3 garlic cloves minced
- 0.5 tablespoon kosher salt
- 0.3 cup olive oil good
- 4 plum tomatoes
- 2 bell peppers red cored seeded
- 1 onion red

- 3 cups sacramento tomato juice
- 0.3 cup citrus champagne vinegar

Equipment

- food processor
- bowl

Directions

- Watch how to make this recipe.
- Roughly chop the cucumbers, bell peppers, tomatoes, and red onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not overprocess!
- After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt, and pepper.
- Mix well and chill before serving. The longer gazpacho sits, the more the flavors develop.

Nutrition Facts



Properties

Glycemic Index:34.22, Glycemic Load:3.05, Inflammation Score:-9, Nutrition Score:13.702608673469%

Flavonoids

Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

Nutrients (% of daily need)

Calories: 136.27kcal (6.81%), Fat: 9.38g (14.43%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 12.68g (4.23%), Net Carbohydrates: 10.09g (3.67%), Sugar: 8.56g (9.51%), Cholesterol: 0mg (0%), Sodium: 600.21mg (26.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Vitamin C: 82.14mg (99.57%), Vitamin A: 2171.34IU (43.43%), Vitamin B6: 0.35mg (17.52%), Vitamin E: 2.56mg (17.05%), Vitamin K: 17.67µg (16.82%), Potassium:

569.2mg (16.26%), Manganese: 0.31mg (15.52%), Folate: 59.33µg (14.83%), Fiber: 2.59g (10.37%), Vitamin B1: 0.12mg (8.07%), Magnesium: 31.86mg (7.97%), Copper: 0.16mg (7.91%), Vitamin B3: 1.51mg (7.53%), Vitamin B5: 0.62mg (6.22%), Iron: 1.11mg (6.17%), Phosphorus: 61.54mg (6.15%), Vitamin B2: 0.1mg (5.82%), Calcium: 35.52mg (3.55%), Zinc: 0.49mg (3.29%), Selenium: 0.78µg (1.11%)