



Gazpacho



Vegetarian



Vegan



Dairy Free

READY IN



31 min.

SERVINGS



5

CALORIES



399 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 servings avocado diced sliced for garnish
- ☐ 1 cup baguette bread diced stale lightly toasted
- ☐ 2 cucumbers peeled seeded chopped
- ☐ 0.5 bunch cilantro leaves fresh chopped
- ☐ 0.5 bunch parsley leaves fresh chopped
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon jalapeno minced seeded (can substitute hot sauce)
- ☐ 5 servings kosher salt

- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 bell pepper red chopped
- ☐ 1 onion red chopped
- ☐ 2 ounces sherry vinegar
- ☐ 2 cups sacramento tomato juice
- ☐ 4 tomatoes ripe

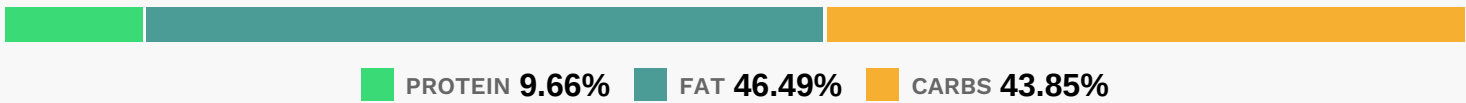
Equipment

- ☐ food processor
- ☐ bowl
- ☐ pot
- ☐ blender

Directions

- ☐ Bring salted water to a boil in a medium pot.
- ☐ Cut an "x" shape on the tops and bottoms of the tomatoes. Boil the tomatoes until the skin begins to peel back, about 20 to 30 seconds. Plunge the tomatoes into a bowl of iced water to chill. Peel and seed the tomatoes, then chop them.
- ☐ In a medium bowl, combine the olive oil, vinegar, and tomato juice.
- ☐ Mix well, and then add the diced bread to soak. In another bowl, combine the chopped tomato, cucumber, red pepper, onion, garlic, parsley, cilantro and jalapeno. Reserve 1/2 cup of this chopped mixture for garnish, if desired. Season, to taste, with salt.
- ☐ Put all ingredients into a blender or food processor and puree until smooth.
- ☐ Serve chilled and garnish with the avocado and reserved diced vegetables, if desired.

Nutrition Facts



Properties

Glycemic Index:73.6, Glycemic Load:16.24, Inflammation Score:-10, Nutrition Score:32.533478114916%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 12.3mg, Apigenin: 12.3mg, Apigenin: 12.3mg, Apigenin: 12.3mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg, Quercetin: 6.87mg

Nutrients (% of daily need)

Calories: 399.11kcal (19.96%), Fat: 21.76g (33.48%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 46.18g (15.39%), Net Carbohydrates: 33.98g (12.36%), Sugar: 13.2g (14.67%), Cholesterol: 0mg (0%), Sodium: 448.39mg (19.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.17g (20.35%), Vitamin K: 142.36µg (135.59%), Vitamin C: 89.21mg (108.13%), Vitamin A: 2802.67IU (56.05%), Manganese: 1.08mg (53.84%), Folate: 197.37µg (49.34%), Fiber: 12.2g (48.82%), Potassium: 1307.16mg (37.35%), Vitamin B6: 0.69mg (34.59%), Vitamin B3: 6.06mg (30.3%), Vitamin E: 4.21mg (28.08%), Vitamin B1: 0.41mg (27.57%), Vitamin B5: 2.54mg (25.44%), Copper: 0.49mg (24.65%), Magnesium: 93.74mg (23.43%), Vitamin B2: 0.37mg (21.47%), Iron: 3.83mg (21.27%), Selenium: 14.83µg (21.18%), Phosphorus: 199.74mg (19.97%), Calcium: 126.73mg (12.67%), Zinc: 1.84mg (12.25%)