



Gazpacho

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



98 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 servings ground pepper
- 1 cup croutons
- 2 cups cucumber peeled seeded chopped
- 2 tablespoons herbs: rosemary fresh chopped (such as tarragon, thyme, or parsley)
- 2 cloves garlic peeled finely chopped
- 0.5 juice of lemon
- 8 servings kosher salt
- 2.8 cups onion chopped

- 1 cup bell pepper red chopped
- 0.3 cup red wine vinegar
- 3 cups canned tomatoes canned
- 2 tablespoons tomato paste
- 3 cups tomatoes peeled seeded chopped

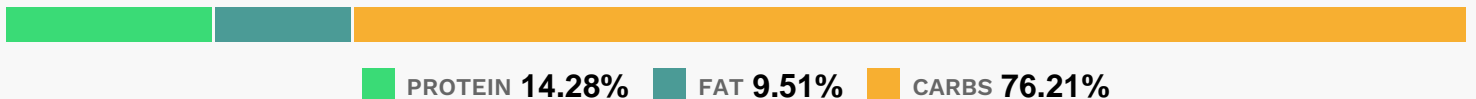
Equipment

- food processor
- bowl
- blender

Directions

- In a bowl, reserve 2 tablespoons each of the tomato, cucumber, pepper, and onion to garnish.
- In the food processor or blender, purée the remaining ingredients (except the croutons) until smooth, adjusting the seasoning to taste with lemon juice, salt, and cayenne pepper.
- Cover and chill thoroughly, at least 3 hours but preferably overnight. Adjust the consistency as desired with water.
- Serve in chilled bowls garnished with the reserved vegetables and croutons.

Nutrition Facts



Properties

Glycemic Index:45.13, Glycemic Load:6.25, Inflammation Score:-9, Nutrition Score:14.813913055088%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin:

11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg, Quercetin: 11.55mg

Nutrients (% of daily need)

Calories: 98.14kcal (4.91%), Fat: 1.16g (1.78%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 20.87g (6.96%), Net Carbohydrates: 15.97g (5.81%), Sugar: 9.79g (10.88%), Cholesterol: 0mg (0%), Sodium: 379.66mg (16.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.82%), Vitamin C: 49.71mg (60.25%), Vitamin A: 2246.36IU (44.93%), Vitamin K: 31.23µg (29.74%), Manganese: 0.44mg (21.75%), Fiber: 4.91g (19.63%), Vitamin B6: 0.39mg (19.38%), Potassium: 662.06mg (18.92%), Vitamin E: 2.53mg (16.87%), Copper: 0.28mg (14.02%), Folate: 53.32µg (13.33%), Iron: 2.14mg (11.88%), Vitamin B1: 0.17mg (11.3%), Vitamin B3: 2.22mg (11.1%), Magnesium: 43.01mg (10.75%), Phosphorus: 86.19mg (8.62%), Vitamin B2: 0.13mg (7.86%), Calcium: 65.72mg (6.57%), Vitamin B5: 0.54mg (5.41%), Zinc: 0.67mg (4.45%), Selenium: 2.78µg (3.96%)