

health-score 76%

HEALTH SCORE

Gazpacho

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

165 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium cucumber peeled seeded chopped
- ☐ 2 large garlic cloves with 3/4 teaspoon salt minced mashed
- ☐ 1 medium bell pepper green chopped
- ☐ 1 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 1 medium bell pepper red chopped
- ☐ 3 tablespoons red-wine vinegar to taste
- ☐ 4 servings croutons and tomato diced green for garnish finely

- ☐ 4 servings sacramento tomato juice for thinning soup
- ☐ 2.5 pounds vine-ripened canned chopped

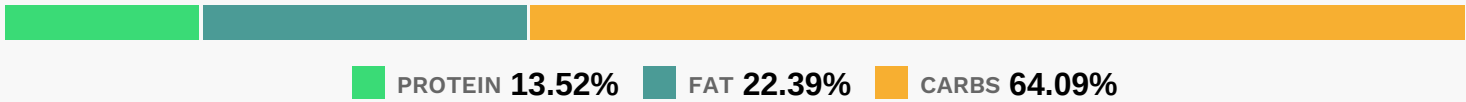
Equipment

- ☐ blender

Directions

- ☐ In a blender puree chopped tomatoes, bell peppers, onion, and cucumber, garlic paste, vinegar, oil, and salt and pepper, to taste. Chill soup well, preferably overnight.
- ☐ Thin soup with ice water or tomato juice and serve topped with croutons and finely diced vegetables. Correct seasoning.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:7.07, Inflammation Score:-9, Nutrition Score:23.263913092406%

Flavonoids

Luteolin: 4.39mg, Luteolin: 4.39mg, Luteolin: 4.39mg, Luteolin: 4.39mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 164.82kcal (8.24%), Fat: 4.64g (7.14%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 29.89g (9.96%), Net Carbohydrates: 21.68g (7.88%), Sugar: 17.35g (19.28%), Cholesterol: 0mg (0%), Sodium: 381.11mg (16.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Vitamin C: 139.53mg (169.13%), Vitamin B6: 0.78mg (38.9%), Vitamin A: 1912.38IU (38.25%), Manganese: 0.75mg (37.56%), Potassium: 1156.22mg (33.03%), Fiber: 8.21g (32.85%), Vitamin E: 4.87mg (32.47%), Copper: 0.63mg (31.57%), Vitamin K: 28.93µg (27.55%), Iron: 4.36mg (24.25%), Vitamin B3: 4.24mg (21.2%), Vitamin B1: 0.31mg (20.44%), Magnesium: 77.91mg (19.48%), Folate: 70.07µg (17.52%), Phosphorus: 135.31mg (13.53%), Vitamin B2: 0.22mg (12.76%), Calcium: 121.98mg (12.2%), Vitamin B5: 1.12mg (11.24%), Zinc: 1.09mg (7.29%), Selenium: 2.08µg (2.98%)