

health-score100%

Gazpacho

Vegetarian Dairy Free Very Healthy

READY IN

ready

155 min.

SERVINGS

servings

6

CALORIES

calories

267 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings bell pepper chopped
- ☐ 3 slices day old bread french
- ☐ 6 servings cucumber chopped
- ☐ 2 small kirby cucumbers coarsely chopped
- ☐ 1 handful flat-leaf parsley fresh coarsely chopped
- ☐ 2 garlic cloves chopped
- ☐ 6 servings hard-cooked egg chopped
- ☐ 0.5 juice of lemon juiced

- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 6 servings lemon wedges
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 medium onion coarsely chopped
- ☐ 6 servings onion chopped
- ☐ 1 tablespoon paprika spanish
- ☐ 0.3 cup sherry wine vinegar
- ☐ 1 tablespoon sugar
- ☐ 6 servings tomatoes chopped
- ☐ 2 cups sacramento tomato juice
- ☐ 2 pounds vine-ripe tomatoes seeded coarsely chopped
- ☐ 1 bell pepper red yellow cored seeded coarsely chopped

Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Soak the bread in 1 cup of water for 5 minutes, and then squeeze out the excess water.
- ☐ Place the bread in a blender or food processor; add the tomatoes, cucumbers, bell pepper, onion, and garlic. Puree the ingredients until almost smooth, leaving a little texture.
- ☐ Pour the vegetable mixture into a large bowl; stir in the tomato juice, sugar, paprika, salt, pepper, vinegar, oil, parsley, and lemon juice until well combined. Refrigerate the soup for at least 2 hours until very well chilled; the flavors will develop as it sits. Season the gazpacho again with salt and pepper before serving.
- ☐ Serve in chilled bowls or tureen and top with desired garnishes.

Nutrition Facts



Properties

Glycemic Index:87.57, Glycemic Load:21.27, Inflammation Score:-10, Nutrition Score:29.313912965681%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 2.29mg, Naringenin: 2.29mg, Naringenin: 2.29mg, Naringenin: 2.29mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg, Isorhamnetin: 3.67mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 18.19mg, Quercetin: 18.19mg, Quercetin: 18.19mg, Quercetin: 18.19mg

Nutrients (% of daily need)

Calories: 267.11kcal (13.36%), Fat: 5.64g (8.68%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 49.51g (16.5%), Net Carbohydrates: 41g (14.91%), Sugar: 22.23g (24.7%), Cholesterol: 3.73mg (1.24%), Sodium: 227.48mg (9.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.61%), Vitamin C: 203.83mg (247.06%), Vitamin A: 5646.64IU (112.93%), Vitamin K: 49.42µg (47.07%), Manganese: 0.88mg (44.01%), Folate: 168.94µg (42.23%), Potassium: 1408.64mg (40.25%), Vitamin B6: 0.78mg (38.78%), Fiber: 8.5g (34.02%), Vitamin B1: 0.49mg (32.61%), Vitamin E: 3.89mg (25.92%), Vitamin B3: 5.1mg (25.51%), Magnesium: 82.34mg (20.59%), Copper: 0.4mg (20.08%), Vitamin B2: 0.34mg (19.74%), Phosphorus: 189.69mg (18.97%), Iron: 3.34mg (18.54%), Selenium: 10.42µg (14.89%), Vitamin B5: 1.13mg (11.27%), Zinc: 1.49mg (9.95%), Calcium: 94.48mg (9.45%)