



Gazpacho



Vegetarian



Vegan



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



341 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cucumber english peeled
- ☐ 2 garlic cloves smashed
- ☐ 1 bell pepper green
- ☐ 4 servings kosher salt
- ☐ 4 servings high quality olive oil extra-virgin
- ☐ 2 tablespoons sherry vinegar
- ☐ 0.5 cup sacramento tomato juice
- ☐ 2 pounds tomatoes seeded

- ☐ 8 slices bread white
- ☐ 1 large onion white

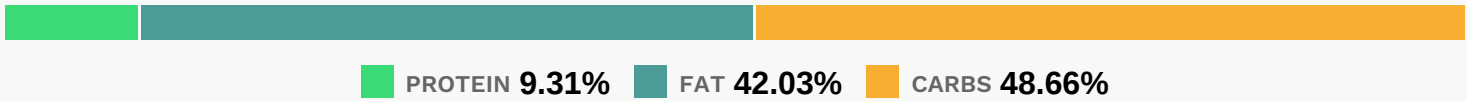
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Soak the bread, in a medium bowl of water to soften, about 15 to 20 minutes. Squeeze out the excess water and place in a large bowl. Coarsely chop the tomatoes, 2/3 of the cucumber, 1/2 the onion, and 1/2 the pepper and add to the bread.
- ☐ Add the garlic, season with salt, and drizzle with olive oil.
- ☐ Mix to combine and let sit for about 20 to 30 minutes to allow the flavors to marry and to let the salt pull some moisture out of the tomatoes.
- ☐ Meanwhile, for the garnish, dice the remaining cucumber, onion and green pepper into perfect 1/4-inch dice and reserve.
- ☐ Working in batches, puree the tomato/bread mixture in a blender with the vinegar. Blend in tomato juice to loosen the mixture, if needed.
- ☐ Remove soup to a large bowl and stir in about 1/2 cup of high quality olive oil. Taste for salt and add more, if needed.
- ☐ Chill.
- ☐ Serve cold garnished with the diced cucumber, pepper and onion.
- ☐ Drizzle with a little more olive oil, if desired.
- ☐ How refreshing!

Nutrition Facts



Properties

Glycemic Index:52.78, Glycemic Load:21.22, Inflammation Score:-9, Nutrition Score:21.437391446984%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg, Quercetin: 10mg

Nutrients (% of daily need)

Calories: 340.61kcal (17.03%), Fat: 16.44g (25.3%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 37.29g (13.56%), Sugar: 13.29g (14.76%), Cholesterol: 0mg (0%), Sodium: 451.69mg (19.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.39%), Vitamin C: 65.93mg (79.91%), Vitamin A: 2216.11IU (44.32%), Vitamin K: 41.82µg (39.83%), Manganese: 0.75mg (37.44%), Folate: 110.99µg (27.75%), Vitamin B1: 0.41mg (27.28%), Potassium: 891.75mg (25.48%), Vitamin E: 3.59mg (23.93%), Fiber: 5.54g (22.17%), Vitamin B6: 0.42mg (21.07%), Vitamin B3: 4.2mg (21.01%), Selenium: 12.32µg (17.6%), Iron: 2.95mg (16.4%), Calcium: 158.24mg (15.82%), Phosphorus: 154.12mg (15.41%), Magnesium: 58.94mg (14.74%), Copper: 0.28mg (14.24%), Vitamin B2: 0.22mg (12.79%), Vitamin B5: 0.82mg (8.25%), Zinc: 1.14mg (7.62%)