



WHATSheATE



Gazpacho



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.9 oz bell pepper
- ☐ 2.3 oz cucumber
- ☐ 3 garlic clove
- ☐ 1 tbsp mayonnaise
- ☐ 0.3 cup olive oil
- ☐ 2 onion
- ☐ 2 tbsp sherry vinegar
- ☐ 2.3 lb tomatoes ripe

- ☐ 0.5 cup water
- ☐ 1.3 oz sandwich bread white without crust country-style ()

Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ immersion blender

Directions

- ☐ Peel and cut each garlic clove in half.
- ☐ Remove the green shoot inside, if there is one. Fill a small saucepan with cold water and add the garlic. Bring the water to a boil. When the water begins to boil lift the garlic out of the water and into a bowl of ice water to quickly cool it. Repeat this twice, always starting with cold water in the saucepan. Peel the onion and cut in half, then cut into large chunks. Peel the cucumber.
- ☐ Cut in half, then into large pieces. Halve the bell peppers, then remove the seeds and white membranes. Chop the bell peppers, then aside along with the cucumber and onion.
- ☐ Cut the tomatoes into large wedges and put in a bowl with the onions, cucumbers, and bell peppers.
- ☐ Add the bread, torn into pieces, then pour over the water. Process everything together using a hand-held blender, or using a food processor. Strain the gazpacho through a fine-mesh strainer.
- ☐ Add the oil, vinegar, and mayonnaise, then whisk or blend the soup until smooth and creamy. Season with salt and pepper. Chill in the fridge before serving (at least 2 hours).
- ☐ Serve the gazpacho in soup bowls with croutons, plus an extra drizzle of olive oil.
- ☐ Reprinted with permission from From The Family Meal: Home Cooking with Ferran Adrià by Ferran Adrià, (C) © 2011 Phaidon Press

Nutrition Facts



 **PROTEIN 5.59%**  **FAT 65.16%**  **CARBS 29.25%**

Properties

Glycemic Index:44.46, Glycemic Load:4.91, Inflammation Score:-9, Nutrition Score:11.4099999944027%

Flavonoids

Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg, Naringenin: 1.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg, Quercetin: 8.49mg

Nutrients (% of daily need)

Calories: 190.94kcal (9.55%), Fat: 14.37g (22.11%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 11.33g (4.12%), Sugar: 7.09g (7.88%), Cholesterol: 0.97mg (0.32%), Sodium: 55.38mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.55%), Vitamin C: 44.24mg (53.62%), Vitamin A: 1852.31IU (37.05%), Vitamin K: 26.03µg (24.79%), Vitamin E: 2.96mg (19.74%), Manganese: 0.33mg (16.33%), Potassium: 515.23mg (14.72%), Fiber: 3.19g (12.77%), Vitamin B6: 0.25mg (12.46%), Folate: 46.93µg (11.73%), Vitamin B1: 0.12mg (8.24%), Vitamin B3: 1.48mg (7.41%), Copper: 0.14mg (7.02%), Magnesium: 27.67mg (6.92%), Phosphorus: 67.07mg (6.71%), Iron: 0.94mg (5.2%), Calcium: 44.25mg (4.43%), Vitamin B2: 0.07mg (4.28%), Zinc: 0.48mg (3.2%), Vitamin B5: 0.31mg (3.1%), Selenium: 1.84µg (2.63%)