



Gazpacho



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



138 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 onion red chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 1 bell pepper red deseeded chopped
- ☐ 4 tomatoes ripe chopped
- ☐ 1 slice bread white
- ☐ 500 ml passata
- ☐ 300 ml half pint vegetable stock
- ☐ 5 tbsp olive oil

- ☐ 4 tbsp red-wine vinegar
- ☐ 1 tsp tabasco
- ☐ 1 tsp sugar
- ☐ 1 leaves basil to serve

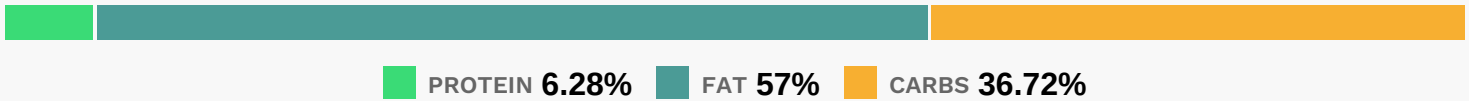
Equipment

- ☐ food processor
- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ Put the onion, garlic, pepper, tomatoes and bread in a food processor and blend until finely chopped, but not too smooth. Tip into a large bowl with the passata, stock, oil, vinegar, Tabasco or harissa, sugar and seasoning.
- ☐ Mix well, cover the bowl with cling film or foil and put in the fridge for at least 2 hrs or overnight.
- ☐ To serve, pour into small bowls or glasses, drizzle over a little olive oil and sprinkle with a few torn basil leaves.

Nutrition Facts



Properties

Glycemic Index:48.36, Glycemic Load:2.85, Inflammation Score:-8, Nutrition Score:9.7521740146305%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg 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: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg, Quercetin: 5.92mg

Nutrients (% of daily need)

Calories: 137.81kcal (6.89%), Fat: 9.19g (14.14%), Saturated Fat: 1.28g (8.03%), Carbohydrates: 13.32g (4.44%), Net Carbohydrates: 10.69g (3.89%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 200.73mg (8.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.28g (4.56%), Vitamin C: 36.14mg (43.81%), Vitamin A: 1398.67IU (27.97%), Vitamin E: 3.14mg (20.93%), Potassium: 497.72mg (14.22%), Vitamin K: 13.45µg (12.81%), Manganese: 0.25mg (12.58%), Copper: 0.24mg (12.05%), Fiber: 2.63g (10.52%), Vitamin B6: 0.21mg (10.26%), Iron: 1.64mg (9.11%), Vitamin B3: 1.65mg (8.25%), Folate: 29.51µg (7.38%), Magnesium: 26.51mg (6.63%), Phosphorus: 54.4mg (5.44%), Vitamin B2: 0.09mg (5.28%), Vitamin B1: 0.07mg (4.74%), Vitamin B5: 0.43mg (4.31%), Calcium: 30.88mg (3.09%), Zinc: 0.44mg (2.95%), Selenium: 1.38µg (1.97%)