



Gazpacho

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



67 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 slices toppings: cream fresh sour boiled chopped
- ☐ 2 cucumbers
- ☐ 1 large garlic clove
- ☐ 1 large bell pepper green
- ☐ 2 teaspoons hot sauce
- ☐ 1 jalapeno seeded
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated

- ☐ 1 teaspoon paprika
- ☐ 1 small purple onion
- ☐ 0.3 cup red wine vinegar
- ☐ 2 teaspoons salt
- ☐ 20 servings garnish: and baby tomatoes fresh green yellow
- ☐ 8 large tomatoes
- ☐ 32 ounce vegetable juice
- ☐ 1 large bell pepper yellow

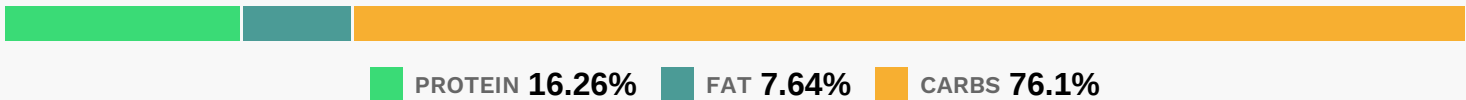
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Peel tomatoes and cucumbers.
- ☐ Cut tomatoes, cucumbers, bell peppers, and onion into quarters.
- ☐ Remove and discard cucumber and bell pepper seeds.
- ☐ Process vegetables, jalapeno pepper, and garlic in a blender or food processor until almost smooth, stopping to scrape down sides.
- ☐ Transfer mixture to a large bowl, and stir in vegetable juice and next 6 ingredients. Cover and chill, stirring often, 8 hours.
- ☐ Serve with toppings, if desired.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.4, Glycemic Load:3.46, Inflammation Score:-9, Nutrition Score:13.866087061313%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 67.47kcal (3.37%), Fat: 0.64g (0.98%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 14.26g (4.75%), Net Carbohydrates: 10.24g (3.72%), Sugar: 9.12g (10.14%), Cholesterol: 0.06mg (0.02%), Sodium: 335.98mg (14.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin C: 75.85mg (91.94%), Vitamin A: 2608.31IU (52.17%), Potassium: 780.04mg (22.29%), Vitamin K: 22.98µg (21.89%), Manganese: 0.35mg (17.29%), Fiber: 4.02g (16.09%), Vitamin B6: 0.27mg (13.38%), Folate: 47.32µg (11.83%), Vitamin E: 1.47mg (9.77%), Copper: 0.19mg (9.55%), Magnesium: 34.63mg (8.66%), Vitamin B3: 1.67mg (8.33%), Vitamin B1: 0.11mg (7.64%), Phosphorus: 73.84mg (7.38%), Iron: 1.02mg (5.66%), Calcium: 41.46mg (4.15%), Vitamin B2: 0.06mg (3.8%), Zinc: 0.53mg (3.52%), Vitamin B5: 0.34mg (3.39%)