



Gazpacho



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



8

CALORIES



132 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 lbs tomatoes ripe peeled chopped (yielding 6 cups)
- ☐ 1.3 cups onion red finely chopped
- ☐ 1 cup cucumber peeled seeded chopped
- ☐ 1 cup bell pepper sweet green red seeded chopped (or)
- ☐ 1 cup celery chopped
- ☐ 1 tablespoons parsley fresh chopped
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 teaspoon garlic minced

- ☐ 0.3 cup red wine vinegar
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 2 teaspoons sugar to taste (more may be needed to balance out the acidity of the tomatoes, add)
- ☐ 8 servings salt and ground pepper fresh to taste
- ☐ 6 drops all the tabasco sauce you handle to taste
- ☐ 1 teaspoon worcestershire sauce for vegan or vegetarian option (omit)
- ☐ 2 cups canned tomatoes crushed canned (or 1 15-ounce can tomatoes if you don't have tomato juice)

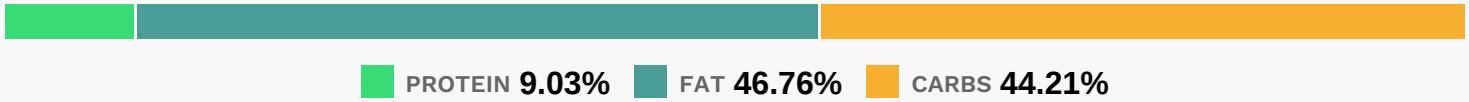
Equipment

- ☐ bowl
- ☐ blender
- ☐ immersion blender

Directions

- ☐ Place all ingredients in a large bowl. Use an immersion blender or blend in batches, to desired smoothness. We prefer our gazpacho somewhat chunky, so only pulse a few times in the blender.
- ☐ Adjust seasonings to taste.
- ☐ Place in a non-reactive container (tomatoes are acidic) to store. Chill several hours or overnight to allow the flavors to blend.

Nutrition Facts



Properties

Glycemic Index:40.88, Glycemic Load:3.88, Inflammation Score:-9, Nutrition Score:14.827826155269%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 1.19mg, Naringenin: 1.19mg, Naringenin: 1.19mg

1.19mg, Naringenin: 1.19mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 131.93kcal (6.6%), Fat: 7.41g (11.4%), Saturated Fat: 1.04g (6.47%), Carbohydrates: 15.76g (5.25%), Net Carbohydrates: 11.37g (4.14%), Sugar: 9.56g (10.62%), Cholesterol: 0mg (0%), Sodium: 325.08mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Vitamin C: 58.29mg (70.66%), Vitamin A: 2286.27IU (45.73%), Vitamin K: 36.54µg (34.8%), Potassium: 733.07mg (20.94%), Vitamin E: 3mg (20.01%), Manganese: 0.4mg (19.93%), Fiber: 4.39g (17.56%), Vitamin B6: 0.34mg (16.9%), Folate: 55.79µg (13.95%), Copper: 0.25mg (12.34%), Vitamin B3: 2.04mg (10.19%), Magnesium: 40.28mg (10.07%), Vitamin B1: 0.14mg (9.41%), Iron: 1.61mg (8.95%), Phosphorus: 81.67mg (8.17%), Vitamin B2: 0.1mg (5.98%), Calcium: 55.8mg (5.58%), Vitamin B5: 0.49mg (4.91%), Zinc: 0.61mg (4.05%)