

Gazpacho

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



140 min.

SERVINGS



10

CALORIES



38 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cucumber chopped
- 1 teaspoon basil dried
- 1 teaspoon tarragon dried
- 0.3 cup parsley fresh chopped
- 1 clove garlic minced
- 1 bell pepper green minced
- 2 green onions chopped
- 3 tablespoons juice of lemon fresh

- 1 onion minced
- 2 tablespoons red wine vinegar
- 10 servings salt and pepper to taste
- 4 cups sacramento tomato juice
- 2 cups tomatoes chopped
- 1 teaspoon sugar white

Equipment

- food processor
- blender

Directions

- In a blender or food processor, combine tomato juice, onion, bell pepper, cucumber, tomatoes, green onions, garlic, lemon juice, red wine vinegar, tarragon, basil, parsley, sugar, salt, and pepper. Blend until well-combined but still slightly chunky. Chill at least 2 hours before serving.

Nutrition Facts



PROTEIN 14.67% **FAT 4.88%** **CARBS 80.45%**

Properties

Glycemic Index:35.54, Glycemic Load:2.22, Inflammation Score:-7, Nutrition Score:8.5065217484599%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 37.95kcal (1.9%), Fat: 0.24g (0.36%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 7.21g (2.62%), Sugar: 6g (6.66%), Cholesterol: 0mg (0%), Sodium: 208.16mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.19%), Vitamin C: 37.61mg (45.59%), Vitamin K: 38.96µg (37.11%), Vitamin A: 911.21IU (18.22%), Potassium: 401.56mg (11.47%), Vitamin B6: 0.2mg (10.08%), Manganese: 0.19mg (9.6%), Folate: 36.97µg (9.24%), Fiber: 1.53g (6.12%), Copper: 0.12mg (6%), Magnesium: 22.97mg (5.74%), Vitamin B1: 0.08mg (5.51%), Iron: 0.93mg (5.19%), Vitamin B3: 0.97mg (4.87%), Phosphorus: 40.24mg (4.02%), Vitamin B5: 0.38mg (3.83%), Vitamin E: 0.57mg (3.8%), Vitamin B2: 0.06mg (3.41%), Calcium: 30.05mg (3.01%), Zinc: 0.33mg (2.19%)