



Gazpacho Ajo Blanco

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



363 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 cups bread crumbs cubed crustless
- 5 garlic clove
- 2 cups blanched almonds and whole
- 2.5 teaspoons sherry vinegar
- 1 serving salt and pepper freshly ground
- 0.5 cup olive oil extra virgin extra-virgin plus more for drizzling
- 2.5 cups water cold plus more for soaking
- 5 grapes red seedless thinly sliced for serving

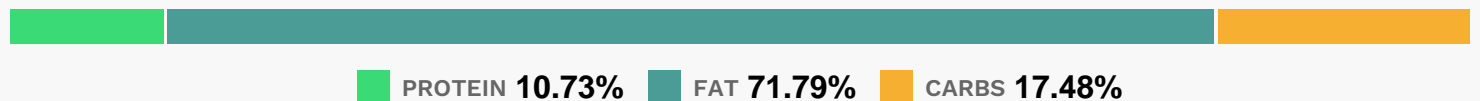
Equipment

- food processor
- bowl
- sauce pan
- sieve

Directions

- Cover bread with cold water, and let soak for 15 minutes. Meanwhile, cover garlic with water in a small saucepan, and bring to a boil. Cook for 3 minutes; drain.
- Pulse blanched almonds in a food processor until finely ground. Squeeze excess liquid from bread, and transfer bread to food processor.
- Add cooked garlic, vinegar, and 1 1/2 teaspoons salt. Puree mixture until smooth. With machine running, pour in oil in a slow, steady stream, alternating with cup cold water, blending until emulsified. Blend in remaining 2 1/4 cups cold water. Strain through a fine sieve until smooth, discarding solids. Season with salt. Refrigerate gazpacho until chilled, at least 1 hour (or up to 1 day). Season with salt and pepper.
- Divide chilled gazpacho among 6 bowls or glasses.
- Drizzle with oil and top with grapes, and Marcona almonds if desired, just before serving.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:0.56, Inflammation Score:-5, Nutrition Score:12.849565194677%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 362.77kcal (18.14%), Fat: 30.44g (46.84%), Saturated Fat: 4.84g (30.23%), Carbohydrates: 16.67g (5.56%), Net Carbohydrates: 11.97g (4.35%), Sugar: 6.93g (7.7%), Cholesterol: 0mg (0%), Sodium: 97.83mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.24g (20.48%), Vitamin E: 10.42mg (69.49%), Manganese: 0.81mg (40.52%), Magnesium: 116.03mg (29.01%), Copper: 0.46mg (22.83%), Phosphorus: 210.42mg (21.04%), Fiber: 4.7g (18.82%), Vitamin B2: 0.31mg (18.5%), Calcium: 106.41mg (10.64%), Vitamin B3: 2.11mg (10.57%), Iron: 1.75mg (9.71%), Potassium: 323.8mg (9.25%), Zinc: 1.31mg (8.72%), Folate: 29.4µg (7.35%), Vitamin B1: 0.11mg (7.14%), Vitamin B6: 0.08mg (4.13%), Vitamin K: 2.82µg (2.68%), Selenium: 1.69µg (2.42%), Vitamin B5: 0.15mg (1.48%), Vitamin C: 0.92mg (1.12%)