



Gaspacho Aspic

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



43 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 beef bouillon cubes
- 14.5 ounce canned tomatoes diced italian-style drained well canned
- 0.5 cup celery finely chopped
- 1 envelope gelatin powder unflavored
- 0.3 cup bell pepper green finely chopped
- 2 tablespoons green onions sliced
- 0.1 teaspoon hot sauce
- 3 tablespoons juice of lemon

- 6 servings lettuce leaves
- 0.3 teaspoon salt
- 1 tablespoon sugar
- 1.3 cups water divided

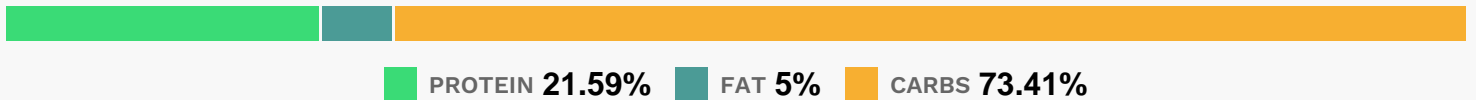
Equipment

- sauce pan

Directions

- Combine first 4 ingredients and 1/4 cup water in a small saucepan; let stand 1 minute. Cook over low heat, stirring until gelatin and bouillon cube dissolve.
- Remove from heat.
- Stir in remaining 1 cup water, lemon juice, and hot sauce; chill until mixture is the consistency of unbeaten egg white.
- Stir in tomatoes and next 3 ingredients; spoon into 6 lightly oiled 1/2-cup molds. Chill until firm.
- Unmold onto a lettuce-lined serving plate; dollop each with mayonnaise, if desired.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:2.88, Inflammation Score:-8, Nutrition Score:7.3982609089302%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 42.98kcal (2.15%), Fat: 0.27g (0.42%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 7.16g (2.6%), Sugar: 5.85g (6.5%), Cholesterol: 0.03mg (0.01%), Sodium: 368.34mg (16.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin A: 2005.55IU (40.11%), Vitamin C: 19.22mg (23.29%), Manganese: 0.22mg (11.09%), Vitamin K: 10.7µg (10.19%), Potassium: 296.34mg (8.47%), Copper: 0.17mg (8.43%), Vitamin B6: 0.15mg (7.66%), Fiber: 1.86g (7.43%), Iron: 1.21mg (6.72%), Vitamin E: 1mg (6.64%), Folate: 25.03µg (6.26%), Vitamin B1: 0.09mg (5.68%), Vitamin B3: 1.03mg (5.15%), Magnesium: 20.31mg (5.08%), Vitamin B2: 0.07mg (4.33%), Calcium: 40.42mg (4.04%), Phosphorus: 35.45mg (3.54%), Vitamin B5: 0.23mg (2.32%), Zinc: 0.27mg (1.81%), Selenium: 1.27µg (1.81%)