



Gazpacho Bearnaise

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



609 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large carrots
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 ounces chervil fresh
- ☐ 1 cucumber seeded
- ☐ 4 egg yolks
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 2 ounces tarragon fresh
- ☐ 0.5 ounce garlic

- ☐ 1 jalapeno minced seeded
- ☐ 4 juice of lime juiced
- ☐ 1 kosher salt
- ☐ 1 tablespoon pepper sauce hot to taste
- ☐ 1 onion red
- ☐ 1 shallots whole
- ☐ 5 ounces sherry vinegar
- ☐ 0.5 pound butter unsalted cut into tablespoons
- ☐ 2 tomatoes whole
- ☐ 0.5 ounce worcestershire sauce

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ double boiler

Directions

- ☐ In a food processor fitted with a metal blade, combine tomatoes, cucumber, carrot, red onion, garlic and jalapeno, and process until pureed.
- ☐ Add lime juice, cilantro, cayenne pepper, and kosher salt to taste. Set aside.
- ☐ In a pan reduce shallot, tarragon, chervil, and sherry vinegar until all liquid is gone. Set reduction aside.
- ☐ Using a double boiler with a stainless steel bowl heat egg yolks until you achieve a light ribbon. Be careful not to scramble eggs.
- ☐ Add reduction. Slowly whisk butter into mixture 1 piece at a time until fully incorporated.
- ☐ Add Worcestershire and hot pepper sauce. Season with salt and pepper to taste. Fold into the gazpacho and serve immediately.

Nutrition Facts

 **PROTEIN 7.49%**  **FAT 74.25%**  **CARBS 18.26%**

Properties

Glycemic Index:88.21, Glycemic Load:6.86, Inflammation Score:-10, Nutrition Score:31.666086943253%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg, Quercetin: 7.43mg

Nutrients (% of daily need)

Calories: 608.52kcal (30.43%), Fat: 52.82g (81.26%), Saturated Fat: 31.21g (195.04%), Carbohydrates: 29.23g (9.74%), Net Carbohydrates: 23.65g (8.6%), Sugar: 6.45g (7.17%), Cholesterol: 316.3mg (105.43%), Sodium: 191.45mg (8.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.99g (23.97%), Vitamin A: 7079.33IU (141.59%), Manganese: 1.75mg (87.4%), Iron: 10.66mg (59.23%), Vitamin C: 46.84mg (56.78%), Potassium: 1624.9mg (46.43%), Calcium: 439.59mg (43.96%), Vitamin B6: 0.8mg (39.77%), Folate: 142.45µg (35.61%), Vitamin B2: 0.48mg (28%), Phosphorus: 258.77mg (25.88%), Magnesium: 98.77mg (24.69%), Selenium: 16.36µg (23.37%), Vitamin K: 24.49µg (23.33%), Fiber: 5.58g (22.32%), Zinc: 2.73mg (18.17%), Vitamin E: 2.66mg (17.74%), Copper: 0.33mg (16.67%), Vitamin B1: 0.22mg (14.72%), Vitamin B3: 2.89mg (14.44%), Vitamin D: 1.82µg (12.15%), Vitamin B5: 1.02mg (10.2%), Vitamin B12: 0.45µg (7.46%)