



Gazpacho Blanco

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups chicken broth
- ☐ 3 small cucumbers peeled seeded chopped
- ☐ 1 garlic clove pressed
- ☐ 8 ounce yogurt plain low-fat
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 16 ounce cup heavy whipping cream sour
- ☐ 9 servings toppings: tomato fresh diced sliced chopped

☐ 3 tablespoons vinegar white

Equipment

☐ food processor

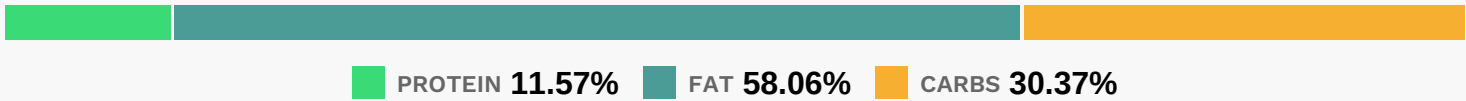
☐ bowl

☐ blender

Directions

- ☐ Process cucumber, garlic, and 1 cup broth in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Pour into a bowl; stir in remaining 1 cup broth, sour cream, and next 4 ingredients. Cover and chill at least 2 hours.
- ☐ Sprinkle with desired toppings.
- ☐ *1 (16-ounce) container light sour cream may be substituted.

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:1.99, Inflammation Score:-8, Nutrition Score:11.028695635174%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 159.12kcal (7.96%), Fat: 10.73g (16.5%), Saturated Fat: 5.41g (33.8%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 10.08g (3.66%), Sugar: 9.18g (10.2%), Cholesterol: 32.29mg (10.76%), Sodium: 366.43mg (15.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin A: 1865.54IU (37.31%), Vitamin C: 27.1mg (32.85%), Potassium: 631.8mg (18.05%), Vitamin K: 18.92µg (18.01%), Manganese: 0.29mg (14.51%), Phosphorus: 131.75mg (13.18%), Vitamin B2: 0.22mg (12.78%), Calcium: 125.73mg (12.57%), Vitamin B6: 0.21mg (10.41%), Fiber: 2.55g (10.2%), Folate: 40.19µg (10.05%), Magnesium: 36.2mg (9.05%), Copper: 0.17mg (8.3%), Vitamin E: 1.21mg (8.06%), Vitamin B1: 0.12mg (7.72%), Vitamin B3: 1.28mg (6.41%), Vitamin B5: 0.61mg (6.12%), Zinc: 0.83mg (5.52%), Selenium: 3.04µg (4.34%), Vitamin B12: 0.26µg (4.29%), Iron: 0.71mg (3.93%)