



Gazpacho Chopped Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 inch crusty baguette
- 0.1 teaspoon pepper black
- 2 garlic clove
- 1 medium bell pepper green cut into 1/8-inch dice
- 2 hardboiled eggs separated
- 0.3 cup olive oil extra virgin extra-virgin (preferably Andalusian hojiblanca)
- 0.5 teaspoon salt
- 2 oz serrano ham cut into 1/4-inch dice ()

- 2 tablespoons sherry vinegar (preferably "reserva")
- 0.5 lb tomatoes ripe cut into 1/2-inch cubes

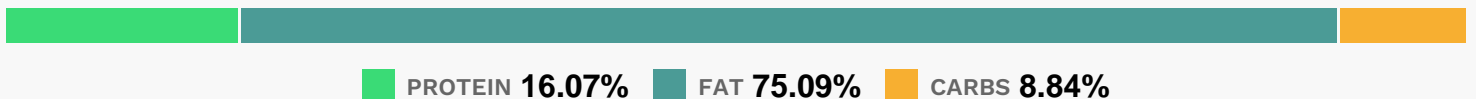
Equipment

- food processor
- knife
- mortar and pestle

Directions

- Soak bread in 1/4 cup water 1 minute, then squeeze dry, discarding soaking water.
- Mash garlic to a paste with salt using a mortar and pestle (or mince and mash to a paste with a large knife). Mash garlic paste with bread, yolks, and vinegar using mortar and pestle until smooth (or blend together in a mini food processor).
- Add oil in a slow stream while stirring constantly (or with motor running) to form a thick sauce. Stir in black pepper.
- Finely chop egg whites. Divide sauce among 4 salad plates and sprinkle with whites. Scatter tomatoes over whites and season with salt, then sprinkle with bell pepper and ham.

Nutrition Facts



Properties

Glycemic Index:45.44, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:7.8678261508112%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 210.04kcal (10.5%), Fat: 17.86g (27.48%), Saturated Fat: 2.97g (18.59%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 3.48g (1.27%), Sugar: 2.53g (2.81%), Cholesterol: 100.85mg (33.62%), Sodium: 608.87mg (26.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.2%), Vitamin C: 32.19mg (39.02%), Vitamin E: 2.62mg

(17.48%), Vitamin K: 15.03µg (14.31%), Vitamin A: 712.85IU (14.26%), Selenium: 8.03µg (11.47%), Vitamin B2: 0.15mg (8.89%), Vitamin B6: 0.16mg (8.08%), Manganese: 0.15mg (7.38%), Phosphorus: 66.15mg (6.62%), Potassium: 228.69mg (6.53%), Folate: 23.21µg (5.8%), Fiber: 1.25g (4.99%), Iron: 0.89mg (4.93%), Vitamin B12: 0.28µg (4.63%), Vitamin B5: 0.44mg (4.42%), Vitamin B1: 0.06mg (4.08%), Vitamin D: 0.55µg (3.67%), Magnesium: 12.67mg (3.17%), Copper: 0.06mg (3.17%), Zinc: 0.42mg (2.82%), Vitamin B3: 0.54mg (2.68%), Calcium: 25.57mg (2.56%)