



Gazpacho I

 Vegetarian  Gluten Free  Dairy Free

READY IN



205 min.

SERVINGS



6

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon olives black finely chopped
- 1 large cucumber chopped
- 2 cloves garlic crushed
- 1 bell pepper green chopped
- 1 bell peppers diced green
- 2 green onions thinly sliced
- 2 hard-cooked eggs chopped
- 0.3 cup olive oil

- 1 small onion chopped
- 1 tablespoon tomato paste
- 1.8 pounds tomatoes ripe
- 2.5 cups water
- 0.3 cup citrus champagne vinegar

Equipment

- bowl
- oven
- baking pan

Directions

- Score a cross in the base of each tomato. Cover with boiling water for 1 minute, plunge into cold water, drain and peel away the skin. Chop the flesh so finely that it is almost a puree.
- Mix together the tomatoes, 1 of the chopped cucumbers, 1 of the chopped green pepper, garlic, olives, vinegar, oil and tomato paste, and season to taste. Cover and refrigerate for 2 to 3 hours.
- Use 2 to 3 cups of chilled water to thin the soup to your taste.
- Serve chilled with the chopped onion, green pepper, scallions, cucumber, boiled egg, herbs and croutons served separately for diners to add to their own bowls.
- To Make Garlic Herb Croutons: Preheat the oven to 350 degrees F (175 degrees C).
- Cut two 1/2 thick slices from a loaf of bread (your choice).
- Remove the crusts and cut each bread slice into 16 cubes. In a bowl, mix together 3 tablespoons olive oil, 2 crushed cloves garlic, 1 tablespoon chopped fresh oregano, 2 tablespoons chopped fresh thyme, 1tablespoon chopped fresh rosemary and a pinch of chili flakes.
- Add the bread cubes to the herbed oil and toss until all the oil has been absorbed.
- Lay the bread cubes in a single layer on a baking tray and bake in the oven for 10 to 12 minutes, or until the croutons are golden brown. Turn once during baking.

Nutrition Facts



■ PROTEIN 10.57% ■ FAT 63.5% ■ CARBS 25.93%

Properties

Glycemic Index:34.5, Glycemic Load:2.14, Inflammation Score:-8, Nutrition Score:12.500869419264%

Flavonoids

Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 156.82kcal (7.84%), Fat: 11.42g (17.56%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 7.42g (2.7%), Sugar: 6.19g (6.88%), Cholesterol: 62.17mg (20.72%), Sodium: 78.72mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.55%), Vitamin C: 54.09mg (65.56%), Vitamin K: 30.88µg (29.41%), Vitamin A: 1455.18IU (29.1%), Vitamin E: 2.53mg (16.89%), Potassium: 532.38mg (15.21%), Manganese: 0.29mg (14.5%), Vitamin B6: 0.27mg (13.68%), Fiber: 3.07g (12.26%), Folate: 42.84µg (10.71%), Copper: 0.18mg (8.94%), Phosphorus: 87.87mg (8.79%), Vitamin B2: 0.14mg (8.53%), Selenium: 5.56µg (7.94%), Magnesium: 30.79mg (7.7%), Vitamin B1: 0.11mg (7.23%), Iron: 1.09mg (6.06%), Vitamin B3: 1.13mg (5.65%), Vitamin B5: 0.53mg (5.29%), Calcium: 44.93mg (4.49%), Zinc: 0.61mg (4.06%), Vitamin B12: 0.19µg (3.08%), Vitamin D: 0.37µg (2.44%)