



HEALTH SCORE

56%

Gazpacho II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



1 ounce almonds sliced



6 cucumbers sliced



3 cloves garlic minced



1 teaspoon ground pepper black



0.3 cup olive oil



2 onion chopped



0.3 cup red wine vinegar



1 teaspoon salt

- ☐ 4 cups sacramento tomato juice
- ☐ 10 large tomatoes

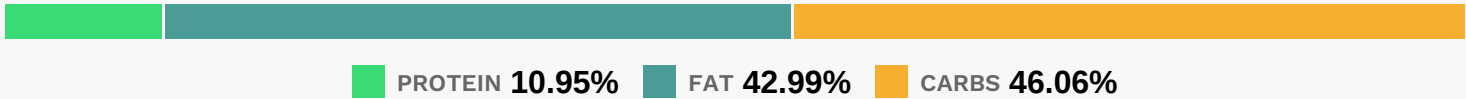
Equipment

- ☐ whisk
- ☐ pot

Directions

- ☐ Blanch the tomatoes in a pot of boiling water for about 15 seconds, or until the skins just begin to peel. Immediately remove them from the hot water and plunge them in ice water to stop them from cooking. Peel, core and dice the tomatoes into 1/2 inch pieces.
- ☐ In a large pot, combine the oil and vinegar and whisk together well.
- ☐ Pour in the tomato juice, garlic, salt and ground black pepper and whisk well again.
- ☐ Stir in the tomatoes, cucumbers, onions and almonds and combine all the ingredients together thoroughly. Cover and refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:22.92, Glycemic Load:5.02, Inflammation Score:-9, Nutrition Score:20.255652002666%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg, Naringenin: 1.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg, Isorhamnetin: 1.47mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 183.52kcal (9.18%), Fat: 9.44g (14.52%), Saturated Fat: 1.18g (7.41%), Carbohydrates: 22.75g (7.58%), Net Carbohydrates: 16.96g (6.17%), Sugar: 14.75g (16.39%), Cholesterol: 0mg (0%), Sodium: 320.82mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.81%), Vitamin C: 63.03mg (76.39%), Vitamin A: 2605.88IU (52.12%), Vitamin K: 41.57µg (39.59%), Potassium: 1200.41mg (34.3%), Manganese: 0.68mg (34%), Vitamin B6: 0.48mg (24.21%), Folate: 96.79µg (24.2%), Vitamin E: 3.57mg (23.82%), Fiber: 5.79g (23.15%), Copper: 0.42mg (21.15%), Magnesium: 78.72mg (19.68%), Vitamin B1: 0.23mg (15.56%), Phosphorus: 151.45mg (15.15%), Vitamin B3: 2.42mg (12.12%), Vitamin B5: 1.11mg (11.07%), Vitamin B2: 0.19mg (10.98%), Iron: 1.94mg (10.77%), Calcium: 86.1mg (8.61%), Zinc: 1.13mg (7.52%), Selenium: 1.04µg (1.49%)