

# Gazpacho IV

 **Gluten Free**  **Dairy Free**

READY IN



**505 min.**

SERVINGS



**8**

CALORIES



**49 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 tablespoon balsamic vinegar
- 1 cup beef broth
- 0.8 cup celery chopped
- 0.8 cup cucumber chopped
- 1 teaspoon basil dried
- 1 teaspoon parsley dried
- 2 cloves garlic minced
- 0.8 cup bell pepper green chopped

- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground pepper black
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil
- 0.3 cup onion chopped
- 0.3 teaspoon pepper sauce hot
- 1 teaspoon salt
- 1 cup sacramento tomato juice
- 4 cups tomatoes diced seeded
- 0.5 teaspoon worcestershire sauce

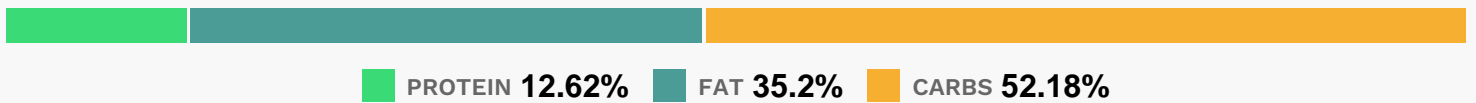
## Equipment

- bowl

## Directions

- In a large bowl, mix the tomatoes, tomato juice, beef broth, green bell pepper, celery, cucumber, onion, garlic, olive oil, lemon juice, and balsamic vinegar. Season with basil, parsley, salt, pepper, cumin, hot pepper sauce, and Worcestershire sauce. Cover bowl, and refrigerate gazpacho 8 hours or overnight before serving.

## Nutrition Facts



## Properties

Glycemic Index:33.79, Glycemic Load:1.62, Inflammation Score:-6, Nutrition Score:6.6021739231504%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.83mg, Apigenin: 0.83mg, Apigenin: 0.83mg, Apigenin: 0.83mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg

Kaempferol: 0.16mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

## **Nutrients (% of daily need)**

Calories: 48.98kcal (2.45%), Fat: 2.09g (3.22%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 5.27g (1.92%), Sugar: 4.36g (4.84%), Cholesterol: 0mg (0%), Sodium: 427.85mg (18.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.37%), Vitamin C: 29.34mg (35.57%), Vitamin A: 864.43IU (17.29%), Vitamin K: 14.81µg (14.11%), Potassium: 355.26mg (10.15%), Manganese: 0.2mg (9.78%), Vitamin B6: 0.16mg (8.1%), Fiber: 1.71g (6.83%), Folate: 26.54µg (6.63%), Vitamin E: 0.86mg (5.71%), Vitamin B3: 1.01mg (5.07%), Copper: 0.1mg (4.76%), Magnesium: 18.85mg (4.71%), Iron: 0.76mg (4.2%), Vitamin B1: 0.06mg (4.17%), Phosphorus: 39.91mg (3.99%), Vitamin B2: 0.05mg (2.83%), Calcium: 27.76mg (2.78%), Vitamin B5: 0.23mg (2.33%), Zinc: 0.26mg (1.76%)