



Gazpacho Salad

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

READY IN



285 min.

SERVINGS



45

CALORIES



10 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup cucumber diced peeled
- 0.1 tsp garlic powder
- 0.3 cup bell pepper diced green
- 2 Tbsp green onion thinly sliced
- 0.3 tsp ground pepper black
- 1 pkg jell-o lemon flavor gelatin sugar free (4-serving size)
- 2 Tbsp bell pepper diced red
- 1 cup tomatoes diced

- 1.5 cups sacramento tomato juice
- 2 Tbsp vinegar

Equipment

- bowl
- sauce pan

Directions

- Mix vegetables, vinegar, pepper and garlic powder in medium bowl. Bring tomato juice to boil in small saucepan. Stir into gelatin in large bowl at least 2 minutes until gelatin is completely dissolved. Refrigerate 1-1/4 hours or until slightly thickened (consistency of unbeaten egg whites).
- Stir in vegetable mixture.
- Pour into 4-cup mold or bowl sprayed with cooking spray.
- Refrigerate 3 hours or until firm. Unmold.
- Serve with salad greens and garnish with tomato and cucumber slices, if desired.

Nutrition Facts



PROTEIN 10.16% **FAT 1.43%** **CARBS 88.41%**

Properties

Glycemic Index:5.45, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:0.63478261297164%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 9.88kcal (0.49%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.31g (0.77%), Net Carbohydrates: 2.19g (0.8%), Sugar: 2.07g (2.29%), Cholesterol: 0mg (0%), Sodium: 9.91mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.53%), Vitamin C: 3.23mg (3.91%), Vitamin A: 83.82IU (1.68%), Vitamin K: 1.21µg (1.15%)