

Gazpacho Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup and bell peppers diced green red yellow
- ☐ 0.3 cup celery thinly sliced
- ☐ 1 cup cucumber diced peeled seeded
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup radishes thinly sliced

- ☐ 0.3 cup onion red minced
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 2 cups firm-ripe tomatoes seeded chopped

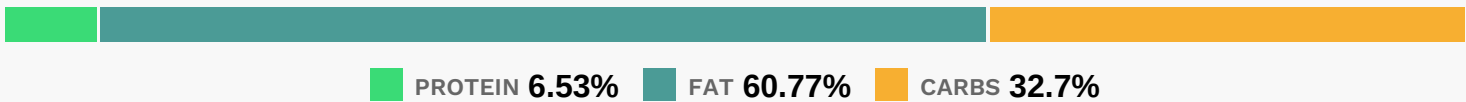
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, mix vinegar, oil, salt, pepper, and garlic powder. Stir in tomatoes, cucumber, bell peppers, celery, onion, radishes, and cilantro. Chill until cold, at least 1 hour, or up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:40.83, Glycemic Load:0.96, Inflammation Score:-6, Nutrition Score:4.9813042976286%

Flavonoids

Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg, Pelargonidin: 3.05mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 52.25kcal (2.61%), Fat: 3.7g (5.69%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 3.11g (1.13%), Sugar: 2.68g (2.98%), Cholesterol: 0mg (0%), Sodium: 107.57mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin C: 25.01mg (30.32%), Vitamin A: 853.61IU (17.07%), Vitamin K: 10.53µg (10.03%), Vitamin E: 1mg (6.65%), Potassium: 217.7mg (6.22%), Manganese: 0.12mg (6.08%), Fiber: 1.37g (5.46%), Vitamin B6: 0.11mg (5.4%), Folate: 21.34µg (5.33%), Magnesium: 12.03mg (3.01%), Copper: 0.06mg (2.88%), Phosphorus: 25.71mg (2.57%), Vitamin B1: 0.04mg (2.57%), Vitamin B3: 0.47mg (2.34%), Vitamin B2: 0.03mg (1.97%), Iron: 0.34mg (1.87%), Vitamin B5: 0.17mg (1.72%), Calcium: 15.31mg (1.53%), Zinc: 0.2mg (1.31%)