



Gazpacho Salad with Tomato Vinaigrette

 Dairy Free or type unknown

READY IN

ready

45 min.

SERVINGS

servings

5

CALORIES

calories

50 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 cups cucumber diced
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons basil fresh coarsely chopped
- ☐ 0.5 cup bell pepper diced green
- ☐ 0.3 teaspoon hot sauce
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons shallots minced
- ☐ 2 cups tomatoes diced 1 pound
- ☐ 3 tablespoons sacramento tomato juice
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ To prepare vinaigrette, combine first 7 ingredients, stirring with a whisk.
- ☐ To prepare salad, combine tomato, cucumber, bell pepper, shallots, and basil in a large bowl.
- ☐ Add vinaigrette; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:45.27, Glycemic Load:1.02, Inflammation Score:-6, Nutrition Score:5.2739130180815%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 50.03kcal (2.5%), Fat: 3.02g (4.65%), Saturated Fat: 0.42g (2.62%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 3.79g (1.38%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 143.33mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.18%), Vitamin C: 23.84mg (28.9%), Vitamin K: 14.02µg (13.36%), Vitamin A: 664.16IU (13.28%), Potassium: 270.57mg (7.73%), Manganese: 0.15mg (7.59%), Vitamin B6: 0.13mg (6.34%), Fiber: 1.44g (5.75%), Vitamin E: 0.83mg (5.54%), Folate: 19.81µg (4.95%), Copper: 0.09mg (4.46%), Magnesium: 15.66mg (3.91%), Vitamin B1: 0.05mg (3.38%), Phosphorus: 31.41mg (3.14%), Iron: 0.52mg (2.91%), Vitamin B3: 0.52mg (2.62%), Vitamin B5: 0.2mg (2%), Calcium: 18.8mg (1.88%), Vitamin B2: 0.03mg (1.85%), Zinc:

0.23mg (1.53%)