

Gazpacho Salsa



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



217 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons coarse kosher salt
- ☐ 1 small cucumber peeled seeded cut into 1/4-inch cubes (1 cup)
- ☐ 3 garlic cloves minced
- ☐ 0.8 cup kalamata olives pitted coarsely chopped
- ☐ 6 tablespoons olive oil spanish extra-virgin (preferably)
- ☐ 3 tablespoons parsley fresh italian chopped
- ☐ 0.5 bell pepper red cut into 1/4-inch cubes

- ☐ 0.5 cup onion red finely chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 tablespoon paprika smoked
- ☐ 3 medium tomatoes cored seeded cut into 1/4-inch cubes
- ☐ 0.5 bell pepper yellow cut into 1/4-inch cubes

Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk oil, vinegar, garlic, paprika,coarse salt, and pepper inlarge bowl.
- ☐ Add all remainingingredients and toss to coat.DO AHEAD: Can be made 1 dayahead. Cover and chill. Toss toblend before serving.

Nutrition Facts



Properties

Glycemic Index:44.2, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:12.640869503436%

Flavonoids

Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 5.19mg, Apigenin: 5.19mg, Apigenin: 5.19mg, Apigenin: 5.19mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 217.04kcal (10.85%), Fat: 20.39g (31.37%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 9.01g (3%), Net Carbohydrates: 5.92g (2.15%), Sugar: 3.85g (4.28%), Cholesterol: 0mg (0%), Sodium: 1022.7mg (44.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Vitamin C: 53.17mg (64.45%), Vitamin K: 60.16µg (57.29%), Vitamin A: 2007.33IU (40.15%), Vitamin E: 4.22mg (28.13%), Manganese: 0.25mg (12.71%), Fiber: 3.09g (12.34%), Vitamin B6: 0.21mg (10.53%), Potassium: 359.16mg (10.26%), Folate: 32.15µg (8.04%), Copper: 0.14mg (6.77%), Iron:

1.14mg (6.33%), Magnesium: 23.51mg (5.88%), Vitamin B3: 0.93mg (4.64%), Vitamin B1: 0.07mg (4.61%),
Phosphorus: 45.24mg (4.52%), Calcium: 40.22mg (4.02%), Vitamin B2: 0.06mg (3.7%), Vitamin B5: 0.28mg
(2.83%), Zinc: 0.38mg (2.53%), Selenium: 0.7µg (1.01%)