



Gazpacho Soup (Cold Spanish Soup)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



20 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons cucumber finely chopped (for garnish)
- ☐ 1 garlic clove chopped
- ☐ 0.5 cup bell pepper diced green seeded
- ☐ 2 tablespoons bell pepper red seeded finely chopped (for garnish)
- ☐ 1 teaspoon salt if you like
- ☐ 0.3 cup sherry vinegar
- ☐ 3 cups tomatoes very ripe

☐ 0.5 cup water

Equipment

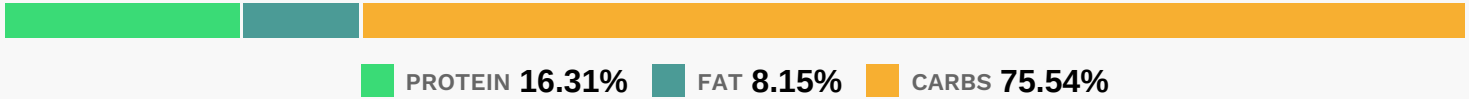
☐ bowl

☐ blender

Directions

☐ Place all the ingredients in a blender and blend until you have a smooth mixture.Adjust seasoning and transfer to a bowl and refrigerate until very cold, at least 3 hours.To serve, divide the gazpacho in bowls or cups and garnish with cucumber and red pepper.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:4.4586956342277%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 20.14kcal (1.01%), Fat: 0.19g (0.3%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 2.78g (1.01%), Sugar: 2.46g (2.73%), Cholesterol: 0mg (0%), Sodium: 393.78mg (17.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Vitamin C: 24.52mg (29.72%), Vitamin A: 767.64IU (15.35%), Vitamin K: 7.46µg (7.1%), Manganese: 0.13mg (6.59%), Potassium: 218.61mg (6.25%), Vitamin B6: 0.11mg (5.27%), Fiber: 1.24g (4.95%), Folate: 14.56µg (3.64%), Vitamin E: 0.5mg (3.33%), Copper: 0.06mg (3.16%), Magnesium: 11.27mg (2.82%), Vitamin B3: 0.54mg (2.69%), Vitamin B1: 0.04mg (2.6%), Phosphorus: 23.9mg (2.39%), Iron: 0.33mg (1.85%), Vitamin B2: 0.02mg (1.31%), Calcium: 12.3mg (1.23%), Zinc: 0.17mg (1.14%), Vitamin B5: 0.1mg (1.04%)