

health-score 71%

HEALTH SCORE

Gazpacho Soup in Cucumber

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

270 min.

SERVINGS

servings

6

CALORIES

calories

72 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons chives chopped
- ☐ 2 cucumbers diced whole english peeled finely 1 and 1
- ☐ 1 clove garlic minced to taste
- ☐ 1 bell pepper diced green finely
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 bell pepper diced red finely
- ☐ 1 onion diced red finely
- ☐ 4 cups sacramento tomato juice recommended: V8

☐ 3 tomatoes diced seeded finely

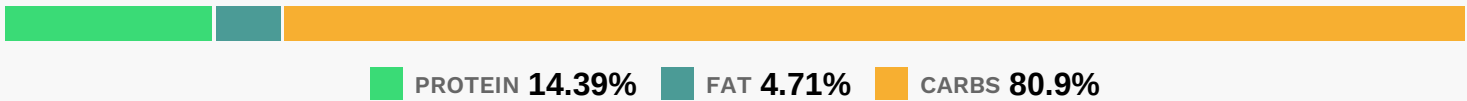
Equipment

- ☐ bowl
- ☐ melon baller

Directions

- ☐ Cut the whole peeled cucumber into 1 1/2 to 2-inch in long pieces. Stand them upright and trim the bottom so they are level and won't fall over. Using a spoon or a melon baller, remove the inside seeds and pulp 2/3 of the way into the cucumber, forming a "shooter" glass. Put in a bowl and refrigerate until ready to use.
- ☐ In a large bowl combine all the remaining ingredients, cover and refrigerate for at least 4 hours. This will give the soup time to meld all the flavors together and let the juices from the vegetables mix.
- ☐ When ready to serve, spoon the soup into the cucumber shooter glasses and serve.
- ☐ Let your guests enjoy the soup, then eat the "so called shooter glass".
- ☐ A great refreshing chilled soup.

Nutrition Facts



Properties

Glycemic Index:35.56, Glycemic Load:3.32, Inflammation Score:-9, Nutrition Score:15.221739162569%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg, Isorhamnetin: 0.99mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 72.21kcal (3.61%), Fat: 0.45g (0.69%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 17.27g (5.76%), Net Carbohydrates: 14.27g (5.19%), Sugar: 11.29g (12.54%), Cholesterol: 0mg (0%), Sodium: 23.56mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Vitamin C: 86.23mg (104.52%), Vitamin A: 2084.9IU (41.7%), Vitamin K: 29.64µg (28.22%), Potassium: 777.17mg (22.2%), Vitamin B6: 0.4mg (20.15%), Manganese: 0.35mg (17.26%), Folate: 65.28µg (16.32%), Fiber: 3g (12.01%), Magnesium: 44.63mg (11.16%), Vitamin B1: 0.16mg (10.62%), Copper: 0.2mg (10.18%), Vitamin B3: 1.88mg (9.39%), Vitamin E: 1.28mg (8.54%), Phosphorus: 84.11mg (8.41%), Vitamin B5: 0.84mg (8.37%), Iron: 1.36mg (7.57%), Vitamin B2: 0.12mg (7.34%), Calcium: 48.06mg (4.81%), Zinc: 0.67mg (4.45%), Selenium: 0.98µg (1.4%)