






 **54%**
HEALTH SCORE

Gazpacho with Avocado and Cumin Chips

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

6

CALORIES

79 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 0.8 cup avocado diced peeled
- 0.5 teaspoon pepper black freshly ground
- 0.8 cup cucumber peeled seeded chopped
- 6 servings cumin
- 2 garlic clove crushed
- 0.8 cup spring onion chopped
- 2 tablespoons juice of lime fresh
- 0.8 cup onion diced red finely

- 1 teaspoon red wine vinegar
- 1.5 cups tomatoes diced finely
- 5.5 ounce canned tomatoes canned
- 5.5 ounce vegetable juice low-sodium canned
- 1 teaspoon worcestershire sauce
- 1 cup bell pepper diced yellow finely
- 1.5 cups frangelico (such as Major Peters)
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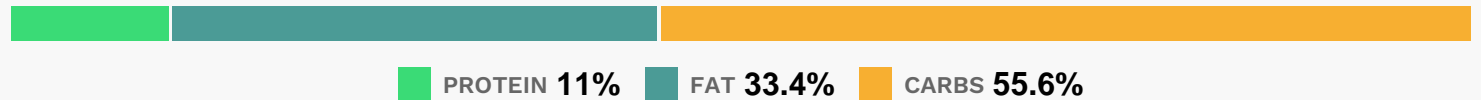
Equipment

- bowl

Directions

- Combine the first 12 ingredients in a large nonaluminum bowl. Cover and chill.
- Serve with avocado, green onions, and Cumin Chips.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:2.19, Inflammation Score:-7, Nutrition Score:11.62173926312%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 79.01kcal (3.95%), Fat: 3.26g (5.02%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 8.62g (3.14%), Sugar: 4.69g (5.21%), Cholesterol: 0mg (0%), Sodium: 101.11mg (4.4%), Alcohol: 0g (100%), Protein: 2.42g (4.84%), Vitamin C: 69.02mg (83.66%), Vitamin K: 35.79µg (34.09%), Vitamin A: 811.07IU (16.22%), Fiber: 3.6g (14.39%), Manganese: 0.28mg (13.81%), Potassium: 482.75mg (13.79%), Folate: 45.48µg (11.37%), Vitamin B6: 0.22mg (10.9%), Iron: 1.76mg (9.75%), Copper: 0.18mg (8.95%), Magnesium: 28.97mg (7.24%), Vitamin E: 1.04mg (6.93%), Vitamin B3: 1.25mg (6.25%), Vitamin B1: 0.08mg (5.63%), Phosphorus: 55.03mg (5.5%), Calcium: 51.31mg (5.13%), Vitamin B5: 0.5mg (4.96%), Vitamin B2: 0.08mg (4.56%), Zinc: 0.47mg (3.16%), Selenium: 0.71µg (1.01%)