



WHATSheATE



HEALTH SCORE

100%

Gazpacho with Basil Crème Fraîche



Gluten Free



Very Healthy

READY IN



405 min.

SERVINGS



4

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 cups tomatoes seeded chopped



3 cups bell pepper red chopped



2 cups cucumber peeled chopped



1 cup celery stalks diagonally sliced



0.5 cup spring onion sliced



4 cups sacramento tomato juice



0.3 cup red wine vinegar



2 teaspoons hot sauce red

- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon worcestershire sauce
- ☐ 2 cloves garlic finely chopped
- ☐ 30 oz black beans rinsed drained canned
- ☐ 0.5 cup croutons
- ☐ 0.7 cup crème fraîche sour
- ☐ 0.3 cup basil dried fresh chopped

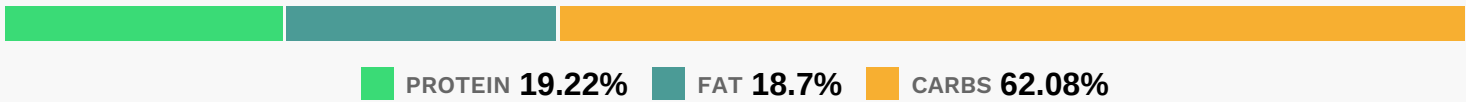
Equipment

- ☐ bowl
- ☐ ladle

Directions

- ☐ In large bowl, mix all gazpacho ingredients except croutons until well blended. Cover and refrigerate 4 to 6 hours to blend flavors, stirring occasionally.
- ☐ In small bowl, mix crème fraîche and basil. Stir gazpacho; ladle into serving dishes. Top each serving with basil crème fraîche and croutons.

Nutrition Facts



Properties

Glycemic Index:78.58, Glycemic Load:8.32, Inflammation Score:-10, Nutrition Score:53.428695507672%

Flavonoids

Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 438.3kcal (21.91%), Fat: 9.85g (15.16%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 73.62g (24.54%), Net Carbohydrates: 46.78g (17.01%), Sugar: 20.49g (22.76%), Cholesterol: 22.62mg (7.54%), Sodium: 989.62mg (43.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.6%), Vitamin K: 315.48µg (300.46%), Vitamin C: 221.52mg (268.51%), Vitamin A: 6482.11IU (129.64%), Manganese: 2.59mg (129.6%), Iron: 19.97mg (110.97%), Fiber: 26.84g (107.35%), Folate: 331.81µg (82.95%), Potassium: 2456.36mg (70.18%), Magnesium: 255.93mg (63.98%), Vitamin B6: 1.13mg (56.43%), Copper: 1.06mg (53.23%), Calcium: 528.32mg (52.83%), Vitamin B2: 0.75mg (44.21%), Phosphorus: 441.35mg (44.14%), Vitamin B1: 0.61mg (40.5%), Vitamin E: 5.24mg (34.93%), Vitamin B3: 6.09mg (30.46%), Zinc: 3.48mg (23.19%), Vitamin B5: 2mg (20%), Selenium: 7.34µg (10.49%), Vitamin B12: 0.08µg (1.34%)