



## Gazpacho with Grilled Seafood

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 large slices peasant bread
- 0.3 cup cilantro leaves coarsely chopped
- 1 cup cranberry beans shelled
- 1 large cucumber—peeled halved seeded cut into 1/4-inch dice
- 1 medium fennel bulb cored cut into 1/4-inch dice
- 1 large garlic clove
- 1 large jalapeño minced seeded
- 2 tablespoons juice of lemon fresh

- 0.5 teaspoon lemon zest finely grated
- 2 tablespoons juice of lime fresh
- 0.5 teaspoon lime zest finely grated
- 6 servings olive oil extra-virgin
- 6 servings salt and pepper freshly ground
- 1 large scallion thinly sliced
- 0.8 pound sea scallops
- 0.8 pound shrimp shelled deveined
- 1 medium onion sweet cut into 1/4-inch dice
- 5 cups sacramento tomato juice
- 1 bell pepper yellow cut into 1/4-inch dice

## Equipment

- bowl
- sauce pan
- grill
- skewers

## Directions

- In a medium saucepan, cook the cranberry beans in boiling water until tender, about 12 minutes.
- Drain and transfer to a plate.
- Drizzle with olive oil and season with salt and pepper.
- In a large bowl, combine the tomato juice with the cucumber, yellow pepper, onion, fennel, jalapeo, scallion and 2 tablespoons of the cilantro.
- Add the beans, cover and refrigerate overnight.
- Stir the lime and lemon zest and juice into the soup. Season with salt and pepper and refrigerate for 1 to 2 hours.
- Light a grill. Thread the scallops and shrimp on skewers, brush with olive oil and season with salt and pepper. Grill over a medium-hot fire until lightly charred, about 2 minutes per side.

Generously brush the bread with olive oil and grill over a medium-hot fire until lightly charred, about 1 minute per side. Rub the bread with the garlic clove.

Stir the remaining 2 tablespoons of cilantro into the soup.

Serve the gazpacho with the seafood and bread.

## Nutrition Facts



**PROTEIN 27.82%** **FAT 39.09%** **CARBS 33.09%**

## Properties

Glycemic Index:51.33, Glycemic Load:3.67, Inflammation Score:-9, Nutrition Score:23.837826189787%

## Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Quercetin: 11.69mg, Quercetin: 11.69mg, Quercetin: 11.69mg, Quercetin: 11.69mg

## Nutrients (% of daily need)

Calories: 334.45kcal (16.72%), Fat: 15.13g (23.27%), Saturated Fat: 2.17g (13.59%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 22.54g (8.2%), Sugar: 12.64g (14.04%), Cholesterol: 104.89mg (34.96%), Sodium: 536.39mg (23.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.22g (48.44%), Vitamin C: 89.86mg (108.92%), Vitamin K: 52.31µg (49.82%), Phosphorus: 441.61mg (44.16%), Folate: 151.66µg (37.91%), Potassium: 1212.22mg (34.63%), Copper: 0.55mg (27.45%), Fiber: 6.27g (25.08%), Manganese: 0.49mg (24.35%), Vitamin B6: 0.46mg (23.12%), Vitamin A: 1153.74IU (23.07%), Magnesium: 91.55mg (22.89%), Vitamin E: 3.06mg (20.4%), Iron: 2.83mg (15.75%), Zinc: 2.23mg (14.83%), Vitamin B1: 0.22mg (14.6%), Vitamin B12: 0.8µg (13.32%), Selenium: 9.32µg (13.31%), Vitamin B3: 2.56mg (12.81%), Calcium: 120.97mg (12.1%), Vitamin B5: 1.03mg (10.28%), Vitamin B2: 0.14mg (8.39%)