



WHATSheATE



Gazpacho with Lemon-Garlic Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 28 ounce canned tomatoes drained canned
- ☐ 1.5 cups cucumber english divided sliced
- ☐ 1 teaspoon garlic fresh minced
- ☐ 3 garlic clove
- ☐ 10 ounce grape tomatoes divided
- ☐ 0.6 teaspoon kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 cup bell pepper diced red divided
- ☐ 2 tablespoons sherry vinegar
- ☐ 8 ounces shrimp deveined peeled
- ☐ 0.8 cup onion diced sweet divided

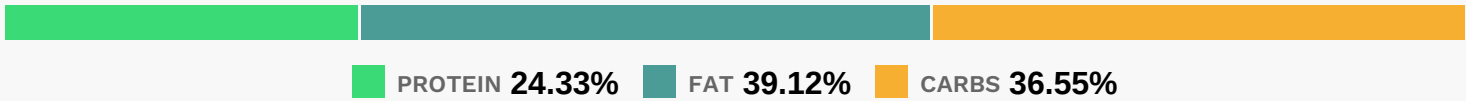
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut 8 grape tomatoes into quarters.
- ☐ Combine quartered tomatoes, 1/4 cup cucumber, 1/4 cup bell pepper, and 1/4 cup onion in a small bowl; set aside.
- ☐ Combine remaining grape tomatoes, remaining 1 1/4 cups cucumber, remaining 3/4 cup bell pepper, remaining 1/2 cup onion, 2 tablespoons oil, vinegar, 1/2 teaspoon salt, 1/4 teaspoon pepper, garlic cloves, and canned tomatoes in a food processor; pulse until almost smooth or until desired consistency. Refrigerate 25 minutes.
- ☐ Combine remaining 1 tablespoon oil, juice, minced garlic, remaining 1/4 teaspoon pepper, remaining 1/8 teaspoon salt, and shrimp in a medium bowl.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add shrimp mixture to pan; cook 3 minutes or until done, stirring occasionally.
- ☐ Place about 1 cup soup into each of 4 bowls. Top each serving with 5 shrimp and 1/4 cup cucumber mixture.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:5.57, Inflammation Score:-9, Nutrition Score:22.266086847886%

Flavonoids

Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg, Quercetin: 4.93mg

Nutrients (% of daily need)

Calories: 249.76kcal (12.49%), Fat: 11.7g (18%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 24.58g (8.19%), Net Carbohydrates: 18.58g (6.76%), Sugar: 14.44g (16.05%), Cholesterol: 91.29mg (30.43%), Sodium: 702.4mg (30.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.37g (32.74%), Vitamin C: 80.6mg (97.7%), Vitamin A: 2226.45IU (44.53%), Copper: 0.68mg (33.99%), Vitamin E: 4.99mg (33.28%), Manganese: 0.64mg (32.24%), Potassium: 1093.05mg (31.23%), Vitamin K: 31.21µg (29.72%), Vitamin B6: 0.56mg (27.85%), Fiber: 6.01g (24.02%), Phosphorus: 234.88mg (23.49%), Magnesium: 81.28mg (20.32%), Iron: 3.59mg (19.93%), Vitamin B3: 3.32mg (16.58%), Folate: 64.08µg (16.02%), Vitamin B1: 0.23mg (15.01%), Calcium: 133.24mg (13.32%), Zinc: 1.67mg (11.13%), Vitamin B2: 0.17mg (10.09%), Vitamin B5: 0.89mg (8.9%), Selenium: 1.94µg (2.77%)