



Gazpacho With Lime Chicken

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bell pepper diced stemmed seeded (any color)
- 1.3 pounds chicken cutlets
- 0.5 cup large-cut croutons
- 1 small cucumber diced peeled seeded
- 0.3 cup cilantro leaves fresh roughly chopped
- 2 juice of lime for serving
- 4 servings kosher salt and pepper freshly ground
- 0.3 cup olive oil extra-virgin plus more for drizzling

- 1 large shallots minced
- 3 large tomatoes diced

Equipment

- bowl
- blender
- grill

Directions

- Preheat a grill to high. Soak the minced shallot in cold water, about 10 minutes. Meanwhile, mix 1 tablespoon lime juice, 2 tablespoons olive oil, and salt and pepper to taste in a shallow dish; add the chicken and turn to coat. Grill the chicken until golden and cooked through, about 3 minutes per side.
- Let cool, then slice.
- Crush half of the croutons; set aside. Soak the remaining croutons in 1/4 cup water, 5 minutes, then squeeze out the water and put in a blender.
- Drain the shallot and add to the blender along with half each of the diced tomatoes, cucumber and bell pepper. With the motor running, drizzle in the remaining 3 tablespoons plus 1 teaspoon olive oil.
- Add 2 cups ice and blend until smooth. Stir in half of the cilantro and the remaining lime juice; season with salt and pepper.
- Divide the soup among bowls. Top with the chicken, the remaining tomatoes, cucumber, bell pepper and cilantro and the crushed croutons.
- Drizzle with olive oil and serve with the lime wedges.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:3.96, Inflammation Score:-9, Nutrition Score:25.959130626658%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 381.5kcal (19.07%), Fat: 22.37g (34.41%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 13.06g (4.35%), Net Carbohydrates: 10.04g (3.65%), Sugar: 6.14g (6.82%), Cholesterol: 90.72mg (30.24%), Sodium: 395.07mg (17.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.51g (65.02%), Vitamin B3: 16.15mg (80.75%), Vitamin C: 65.02mg (78.81%), Selenium: 46.93µg (67.05%), Vitamin B6: 1.31mg (65.37%), Vitamin A: 2214.71IU (44.29%), Phosphorus: 357.1mg (35.71%), Potassium: 1012.97mg (28.94%), Vitamin K: 29.44µg (28.04%), Vitamin E: 4.14mg (27.61%), Vitamin B5: 2.39mg (23.89%), Magnesium: 64.12mg (16.03%), Manganese: 0.28mg (14.17%), Folate: 54.55µg (13.64%), Vitamin B1: 0.2mg (13.4%), Vitamin B2: 0.22mg (12.83%), Fiber: 3.02g (12.07%), Copper: 0.17mg (8.5%), Zinc: 1.27mg (8.48%), Iron: 1.47mg (8.16%), Vitamin B12: 0.28µg (4.72%), Calcium: 36.58mg (3.66%)