



## Gazpacho with Roasted Tomatoes and Peppers

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



42 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 slice bread
- 0.5 large cucumber peeled (or 1 small)
- 1 tablespoon parsley fresh
- 1 clove garlic
- 4 ice cubes
- 0.1 teaspoon pepper freshly ground
- 0.1 teaspoon hot sauce hot to taste

- 1 small bell pepper red
- 2 tablespoons red wine vinegar
- 1 pound roma tomatoes
- 0.3 teaspoon salt
- 0.3 cup water cold

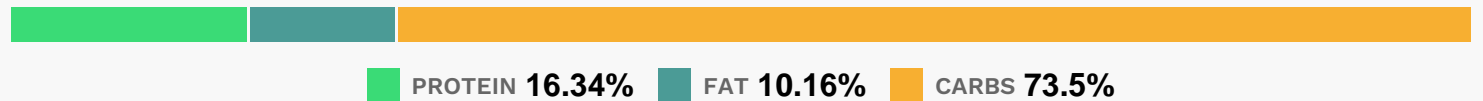
## Equipment

- bowl
- oven
- blender

## Directions

- Remove it from the oven and place it in a paper bag or seal it in a storage container until it is cool enough to handle. Peel off the skin, discard the seeds and stem, and cut it in half. Once the tomatoes are cool, put them in the blender. (Note: If you used larger tomatoes, first remove the core and chop them roughly.)
- Add half of the bell pepper and half of the cucumber, cut into chunks. Set the remaining bell pepper and cucumber aside.
- Add all of the remaining ingredients, except ice cubes, and puree until vegetables are finely chopped. Refrigerate until chilled. When ready to serve, finely chop the remaining bell pepper and cucumber and add it to the gazpacho.
- Serve in individual bowls or glasses with an ice cube in each

## Nutrition Facts



## Properties

Glycemic Index:59.42, Glycemic Load:2.45, Inflammation Score:-8, Nutrition Score:9.1208696106206%

## Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## **Nutrients (% of daily need)**

Calories: 42.08kcal (2.1%), Fat: 0.51g (0.79%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 6.12g (2.23%), Sugar: 4.46g (4.96%), Cholesterol: 0mg (0%), Sodium: 175.05mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin C: 42.04mg (50.95%), Vitamin A: 1633.96IU (32.68%), Vitamin K: 29.07µg (27.69%), Manganese: 0.24mg (12.16%), Potassium: 372.84mg (10.65%), Vitamin B6: 0.18mg (8.84%), Fiber: 2.2g (8.8%), Folate: 34.96µg (8.74%), Vitamin E: 0.93mg (6.2%), Copper: 0.11mg (5.51%), Magnesium: 21.72mg (5.43%), Vitamin B3: 1.08mg (5.41%), Vitamin B1: 0.08mg (5.31%), Phosphorus: 46.33mg (4.63%), Iron: 0.71mg (3.92%), Vitamin B2: 0.06mg (3.34%), Vitamin B5: 0.28mg (2.82%), Calcium: 26.34mg (2.63%), Zinc: 0.36mg (2.4%), Selenium: 1.17µg (1.67%)