



Gazpacho with Shrimp and Avocado Relish

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado diced ripe peeled
- 1 medium cucumber peeled chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 tablespoons cilantro leaves fresh chopped
- 1 garlic clove
- 1 teaspoon juice of lemon fresh
- 2 tablespoons juice of lemon fresh
- 0.5 teaspoon hot sauce hot

- 1 pound plum tomatoes seeded chopped
- 0.3 cup bell pepper red finely chopped
- 0.8 cup bell pepper red chopped
- 1 tablespoon onion red finely chopped
- 3 tablespoons onion red chopped
- 0.8 teaspoon salt
- 1 pound shrimp deveined peeled
- 11.5 ounce vegetable juice low-sodium canned

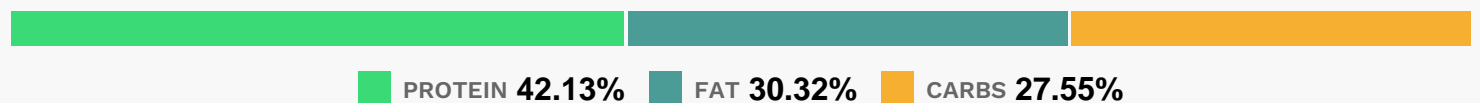
Equipment

- frying pan
- blender
- grill pan

Directions

- To prepare soup, cook shrimp in boiling water 2 minutes or until done.
- Drain and rinse under cold water; coarsely chop shrimp.
- Combine 3/4 cup bell pepper and next 9 ingredients (through vegetable juice) in a blender; process until smooth. Stir in shrimp.
- To prepare relish, combine 1/4 cup bell pepper and remaining ingredients. Top soup with relish.
- Grilled garlic bread: heat a grill pan over medium-high heat.
- Brush 4 (1-ounce) slices French bread with 1 tablespoon olive oil.
- Add bread to pan; cook 1 1/2 minutes on each side. Rub toast with cut sides of a halved garlic clove.

Nutrition Facts



Properties

Glycemic Index:87, Glycemic Load:3.55, Inflammation Score:-9, Nutrition Score:20.82956508709%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 237.4kcal (11.87%), Fat: 8.43g (12.96%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 10.47g (3.81%), Sugar: 8.92g (9.91%), Cholesterol: 182.57mg (60.86%), Sodium: 738.04mg (32.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.35g (52.69%), Vitamin C: 99.03mg (120.04%), Vitamin A: 2973.81IU (59.48%), Copper: 0.66mg (32.92%), Potassium: 1149.76mg (32.85%), Phosphorus: 321.63mg (32.16%), Vitamin K: 28.74µg (27.37%), Fiber: 6.76g (27.04%), Folate: 86.33µg (21.58%), Magnesium: 79.3mg (19.82%), Vitamin B6: 0.38mg (19.09%), Manganese: 0.35mg (17.47%), Vitamin E: 2.3mg (15.35%), Zinc: 2.25mg (15%), Calcium: 117.92mg (11.79%), Vitamin B5: 1.07mg (10.73%), Vitamin B3: 1.97mg (9.85%), Iron: 1.76mg (9.75%), Vitamin B2: 0.14mg (8.13%), Vitamin B1: 0.12mg (8.03%)