



Golden Gazpacho

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup roasted almonds salted coarsely chopped
- 0.7 cup cherry tomatoes stemmed rinsed cut into halves or quarters ()
- 0.7 cup cucumber diced english
- 2 tablespoons cilantro leaves fresh minced
- 2 tablespoons mint leaves fresh minced
- 0.7 cup grapes green seedless rinsed cut in half
- 4 servings salt and fresh-ground pepper
- 2 tablespoons juice of lemon

- 0.5 cup cup heavy whipping cream sour chilled
- 1 cup vegetable broth chilled
- 2 bell peppers yellow (1 lb. total)

Equipment

- bowl
- ladle
- blender

Directions

- Rinse, stem, seed, and coarsely chop bell peppers.
- In a blender, combine peppers, broth, sour cream, and lemon juice. Whirl until smooth. If making up to 1 day ahead, cover and chill.
- Ladle soup into wide bowls. Onto the centers, spoon equal portions of grapes, tomatoes, cucumber, almonds, cilantro, and mint.
- Add salt and pepper to taste.

Nutrition Facts



PROTEIN 9.96% **FAT 56.05%** **CARBS 33.99%**

Properties

Glycemic Index:22, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:12.224347798721%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 154.89kcal (7.74%), Fat: 10.39g (15.98%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 14.18g (4.73%), Net Carbohydrates: 11.81g (4.29%), Sugar: 6.45g (7.17%), Cholesterol: 16.96mg (5.65%), Sodium: 440.61mg (19.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.15g (8.3%), Vitamin C: 120.15mg (145.63%), Manganese: 0.37mg (18.63%), Vitamin E: 2.61mg (17.37%), Vitamin B2: 0.21mg (12.58%), Copper: 0.24mg (11.97%), Vitamin A: 574.59IU (11.49%), Potassium: 395.33mg (11.3%), Magnesium: 43.47mg (10.87%), Phosphorus: 104.03mg (10.4%), Fiber: 2.37g (9.47%), Vitamin B6: 0.19mg (9.36%), Vitamin K: 8.26µg (7.87%), Folate: 31.11µg (7.78%), Calcium: 76.69mg (7.67%), Vitamin B3: 1.44mg (7.22%), Iron: 1.15mg (6.39%), Vitamin B1: 0.08mg (5.31%), Selenium: 3.07µg (4.38%), Vitamin B5: 0.42mg (4.16%), Zinc: 0.61mg (4.04%), Vitamin B12: 0.17µg (2.9%)