



## Golden Gazpacho with Feta

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



279 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup feta crumbled
- 0.5 cup basil leaves fresh
- 4 servings kosher salt and pepper
- 2 tablespoons olive oil extra-virgin
- 0.3 cup pinenuts
- 2 tablespoons red wine vinegar
- 1 bell pepper yellow cut into large pieces
- 3 pounds tomatoes yellow cut into large pieces ( 6)

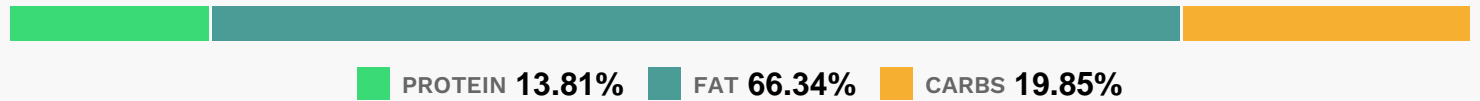
## Equipment

- food processor
- bowl

## Directions

- Working in batches, puree the tomatoes and bell pepper in a food processor and transfer to a large bowl. Stir in the vinegar and 1 1/2 teaspoons salt. Divide among serving bowls and top with the Feta, basil, pine nuts, oil, and 1/4 teaspoon pepper.
- Serve with the prosciutto, salami, and bread sticks, if desired.

## Nutrition Facts



## Properties

Glycemic Index:24.25, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:22.954347797062%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 279.22kcal (13.96%), Fat: 21.8g (33.54%), Saturated Fat: 6.5g (40.62%), Carbohydrates: 14.68g (4.89%), Net Carbohydrates: 11.67g (4.24%), Sugar: 0.31g (0.35%), Cholesterol: 33.38mg (11.13%), Sodium: 701.16mg (30.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.21g (20.42%), Vitamin C: 85.85mg (104.07%), Manganese: 1.23mg (61.73%), Folate: 126.7µg (31.68%), Phosphorus: 306.78mg (30.68%), Vitamin B2: 0.51mg (29.72%), Potassium: 1026.28mg (29.32%), Copper: 0.51mg (25.56%), Vitamin B3: 5.04mg (25.22%), Calcium: 232.87mg (23.29%), Vitamin K: 21.89µg (20.84%), Vitamin B6: 0.41mg (20.6%), Magnesium: 74.92mg (18.73%), Zinc: 2.65mg (17.7%), Vitamin B1: 0.24mg (15.82%), Iron: 2.68mg (14.91%), Vitamin E: 1.89mg (12.58%), Fiber: 3.01g (12.04%), Vitamin B12: 0.63µg (10.56%), Selenium: 7.14µg (10.21%), Vitamin B5: 0.82mg (8.19%), Vitamin A: 378.45IU (7.57%)