



Great 'n Easy Gazpacho

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

150 min.

SERVINGS

servings

10

CALORIES

calories

48 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 29 ounce tomatoes whole peeled canned
- ☐ 3 stalks celery finely chopped
- ☐ 1 cucumber finely chopped
- ☐ 1 teaspoon garlic crushed
- ☐ 1 bell pepper green finely chopped
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 1 tablespoon olive oil
- ☐ 1 onion finely chopped

- ☐ 1 bell pepper red finely chopped
- ☐ 0.5 cup sacramento tomato juice
- ☐ 2 tablespoons vinegar white
- ☐ 1 bell pepper yellow finely chopped

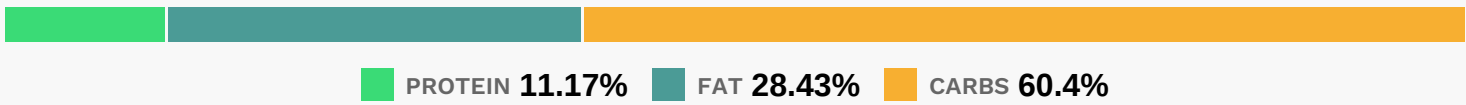
Equipment

- ☐ bowl
- ☐ immersion blender

Directions

- ☐ Combine onion, cucumber, green bell pepper, yellow bell pepper, red bell pepper, celery, tomatoes, tomato juice, vinegar, olive oil, and garlic in a large bowl. Blend tomatoes with an immersion blender until mostly smooth. Season with salt and black pepper. Chill in refrigerator to blend flavors, at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:25.93, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:8.4443477703177%

Flavonoids

Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg, Apigenin: 0.35mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 48.06kcal (2.4%), Fat: 1.68g (2.58%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 5.97g (2.17%), Sugar: 4.22g (4.69%), Cholesterol: 0mg (0%), Sodium: 130.65mg (5.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.97%), Vitamin C: 58.74mg (71.21%), Vitamin A: 667.56IU (13.35%), Vitamin B6: 0.23mg (11.37%), Vitamin K: 10.86µg (10.34%), Potassium: 344.22mg (9.83%), Manganese: 0.18mg (9.08%), Fiber: 2.05g (8.2%), Folate: 29.4µg (7.35%), Vitamin E: 1.08mg (7.18%), Iron: 1.13mg (6.29%), Copper: 0.12mg (5.95%), Magnesium: 20.72mg (5.18%), Vitamin B1: 0.08mg (5.12%), Vitamin B3: 1.01mg (5.06%), Vitamin B2:

0.08mg (4.9%), Calcium: 42.76mg (4.28%), Phosphorus: 39.25mg (3.93%), Vitamin B5: 0.32mg (3.15%), Zinc:
0.29mg (1.93%)