



Green cucumber & mint gazpacho



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



251 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cucumber halved deseeded roughly chopped
- ☐ 1 bell pepper yellow deseeded roughly chopped
- ☐ 2 garlic clove crushed
- ☐ 1 small avocado chopped
- ☐ 1 bunch spring onion chopped
- ☐ 1 small bunch mint leaves chopped
- ☐ 150 ml yogurt fat-free
- ☐ 2 tbsp citrus champagne vinegar

- ☐ 9 servings all the tabasco sauce you handle green
- ☐ 2 servings chives snipped

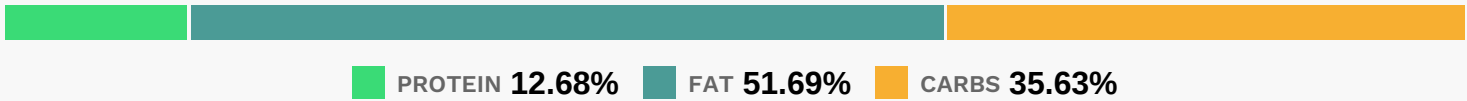
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ In a food processor or blender, blitz all the ingredients, reserving half the mint and yogurt, until smooth.
- ☐ Add a little extra vinegar, Tabasco and seasoning to taste, then add a splash of water if you like it thinner.
- ☐ Chill until very cold, then serve with a dollop more yogurt, mint, chives and a few ice cubes if you like. The soup will keep in the fridge for 2 days just give it a good stir before serving.

Nutrition Facts



Properties

Glycemic Index:81, Glycemic Load:1.53, Inflammation Score:-8, Nutrition Score:22.715217320815%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 251.25kcal (12.56%), Fat: 15.34g (23.61%), Saturated Fat: 2.28g (14.26%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 14.92g (5.43%), Sugar: 9.03g (10.04%), Cholesterol: 1.55mg (0.52%), Sodium: 87.19mg (3.79%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.47g (16.93%), Vitamin C: 129.55mg (157.03%), Vitamin K: 59.09µg (56.28%), Fiber: 8.88g (35.52%), Folate: 138.32µg (34.58%), Potassium: 1081.56mg (30.9%), Vitamin B6: 0.53mg (26.25%), Vitamin B5: 2.39mg (23.91%), Phosphorus: 232.29mg (23.23%), Vitamin B2: 0.38mg (22.62%), Calcium: 214.94mg (21.49%), Manganese: 0.43mg (21.47%), Copper: 0.4mg (20.07%), Magnesium: 74.83mg (18.71%), Vitamin E: 2.2mg (14.64%), Vitamin B3: 2.56mg (12.78%), Vitamin A: 628.3IU (12.57%), Zinc: 1.87mg (12.45%), Vitamin B1: 0.18mg (12.2%), Iron: 1.64mg (9.12%), Vitamin B12: 0.47µg (7.9%), Selenium: 4.03µg (5.76%)