



Green Gazpacho Shots



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 medium cucumber peeled seeded coarsely chopped
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 bunch cilantro leaves fresh washed and trimmed
- ☐ 1 medium bell pepper green cored seeded coarsely chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 small onion red coarsely chopped
- ☐ 2 tablespoons rice vinegar

- ☐ 20 servings salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 20 servings all the tabasco sauce you handle
- ☐ 2 tomatillos quartered
- ☐ 2 medium ripe tomatoes green coarsely chopped
- ☐ 0.3 cup vegetable broth
- ☐ 1 small zucchini trimmed coarsely chopped

Equipment

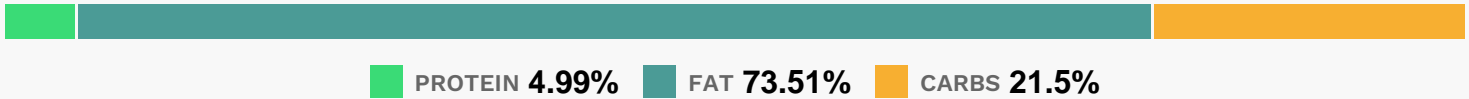
- ☐ food processor
- ☐ bowl
- ☐ wooden spoon

Directions

- ☐ Blend the lime juice, vinegar, oil, cilantro leaves, and cumin in the small bowl with a wooden spoon.
- ☐ Place the zucchini, tomatillos, bell pepper, cucumber, onion, and green tomatoes in batches in the bowl of the food processor fitted with the steel blade. Process, adding the lime juice mixture, 2 tablespoons at a time, to prevent the blade from being clogged with the vegetables. The soup should have a crunchy texture; do not puree the vegetables.
- ☐ Pour the soup into the large bowl as each batch is processed.
- ☐ When all the vegetables have been processed, add just enough vegetable broth to give the gazpacho a smoother consistency. Season the soup with the Tabasco sauce and salt to taste.
- ☐ Refrigerate, covered, for 2 1/2 to 3 hours before serving.
- ☐ Fill the shot glasses three-quarters full with the gazpacho. Top each glass with a dollop of sour cream. Arrange the glasses on a large tray, with the bunch of cilantro in the center. Guests can help themselves.
- ☐ Pour the soup into a thermos and enjoy it during an afternoon of tailgating, at a picnic, or for a beach party.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

From The Bride & Groom's Menu Cookbook by Abigail Kirsch and Susan M. Greenberg Copyright (c) 2002 by Abigail Kirsch and Susan M. Greenberg Published by Broadway Books. Abigail Kirsch's renowned catering sites are located in Manhattan and Westchester County, and at the New York Botanical Garden. Trained at the Culinary Institute of America and Le Cordon Bleu, she is the past president of the New York and international chapters of Les Dames d'Escoffier. Susan M. Greenberg, her sister-in-law, is a professional freelance writer. Kirsch lives in Pound Ridge, New York, and Greenberg lives in Stamford, Connecticut. Together they also wrote The Bride and Groom's First Cookbook

Nutrition Facts



Properties

Glycemic Index:9.95, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:2.2052173718162%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 42.07kcal (2.1%), Fat: 3.58g (5.51%), Saturated Fat: 0.78g (4.89%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.81g (0.66%), Sugar: 1.46g (1.63%), Cholesterol: 2.26mg (0.75%), Sodium: 212.53mg (9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin C: 10.29mg (12.48%), Vitamin K: 5.96µg (5.68%), Vitamin A: 182.94IU (3.66%), Vitamin E: 0.51mg (3.41%), Manganese: 0.06mg (2.83%), Potassium: 91.5mg (2.61%), Vitamin B6: 0.05mg (2.48%), Fiber: 0.55g (2.2%), Copper: 0.03mg (1.65%), Folate: 6.38µg (1.59%), Phosphorus: 15.69mg (1.57%), Magnesium: 6.26mg (1.57%), Vitamin B1: 0.02mg (1.5%), Vitamin B2: 0.02mg (1.47%), Iron: 0.25mg (1.41%), Vitamin B5: 0.13mg (1.32%), Calcium: 11.47mg (1.15%), Vitamin B3: 0.2mg (1.02%)