



## Green Gazpacho with Shrimp

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 teaspoons almonds sliced
- ☐ 3 cucumbers peeled halved lengthwise seeded chopped
- ☐ 2 cloves garlic
- ☐ 2 cups grapes green seedless
- ☐ 0.5 cup olive oil
- ☐ 0.5 onion chopped
- ☐ 2 teaspoons salt
- ☐ 1 pound shrimp shelled halved lengthwise

- ☐ 1.5 cups water
- ☐ 1 small loaf bread white country-style cut into 1-inch cubes 6 cups
- ☐ 2 tablespoons white-wine vinegar

## Equipment

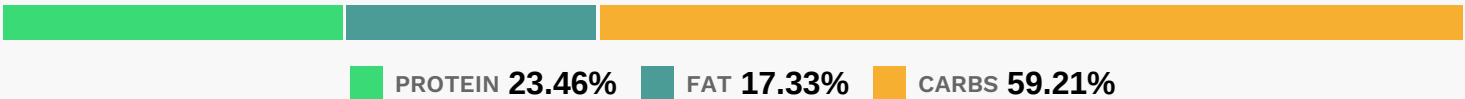
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ slotted spoon

## Directions

- ☐ In a medium glass or stainless-steel bowl, combine 3 cups of the bread cubes with the vinegar.
- ☐ Add the water; set aside 5 minutes to soften.
- ☐ In a blender, combine the cucumbers, onion, almonds, 1 clove of the garlic, and 1 cup of the grapes.
- ☐ Add the soaked bread, the 1/2 cup olive oil, and 1 teaspoon of the salt. Puree until smooth.
- ☐ Put the soup in the refrigerator to chill for about 20 minutes, or up to several hours.
- ☐ Meanwhile, in a large nonstick frying pan, heat the remaining 2 tablespoons of oil over moderately high heat.
- ☐ Add the shrimp and the remaining 1 clove garlic and 1 teaspoon salt. Cook, stirring frequently, until the shrimp are just done, 3 to 5 minutes.
- ☐ Remove the shrimp with a slotted spoon.
- ☐ Reduce the heat to moderate and add the remaining 3 cups of bread cubes. Cook, stirring frequently, until the bread is crisp and golden, about 5 minutes.
- ☐ Cut the remaining grapes in half. In a small bowl, stir together the halved grapes, the shrimp, and the croutons.
- ☐ Serve the gazpacho (thinned with a small amount of water if it's thicker than you like) topped with the warm or room-temperature shrimp-and-grape mixture.
- ☐ Wine Recommendation: When the dish is sweet, the wine should be, too. A late-harvest riesling, thick, rich, and vibrant with citrus and apricot flavors, will be incredible with this

gaspacho.

## Nutrition Facts



### Properties

Glycemic Index:50.69, Glycemic Load:66.53, Inflammation Score:-8, Nutrition Score:31.055217805116%

### Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg, Quercetin: 2.82mg

### Nutrients (% of daily need)

Calories: 702.96kcal (35.15%), Fat: 13.58g (20.89%), Saturated Fat: 2.41g (15.05%), Carbohydrates: 104.4g (34.8%), Net Carbohydrates: 97.72g (35.53%), Sugar: 24.57g (27.3%), Cholesterol: 182.57mg (60.86%), Sodium: 2120.56mg (92.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.37g (82.74%), Manganese: 1.36mg (67.83%), Vitamin B1: 1mg (66.48%), Selenium: 40.11µg (57.3%), Folate: 225.25µg (56.31%), Phosphorus: 513.62mg (51.36%), Calcium: 485.47mg (48.55%), Copper: 0.96mg (47.81%), Vitamin B3: 8.42mg (42.08%), Iron: 7.27mg (40.39%), Vitamin B2: 0.55mg (32.07%), Magnesium: 126.24mg (31.56%), Vitamin K: 30.89µg (29.42%), Potassium: 992.45mg (28.36%), Fiber: 6.68g (26.72%), Zinc: 3.57mg (23.79%), Vitamin B6: 0.37mg (18.7%), Vitamin B5: 1.52mg (15.24%), Vitamin C: 11.14mg (13.5%), Vitamin E: 1.88mg (12.52%), Vitamin A: 213.96IU (4.28%)