



Green Tomato Gazpacho

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



74 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup breadcrumbs fresh (from 2 bread slices, crusts removed)
- ☐ 20 servings croutons for garnish, optional
- ☐ 2 cucumber peeled seeded chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons thyme sprigs fresh
- ☐ 3 cloves garlic crushed
- ☐ 2 pounds tomatoes green husked rinsed coarsely chopped
- ☐ 0.3 cup olive oil

- ☐ 0.3 cup red wine vinegar
- ☐ 20 servings pepper black freshly ground
- ☐ 1 teaspoon all the tabasco sauce you handle to taste

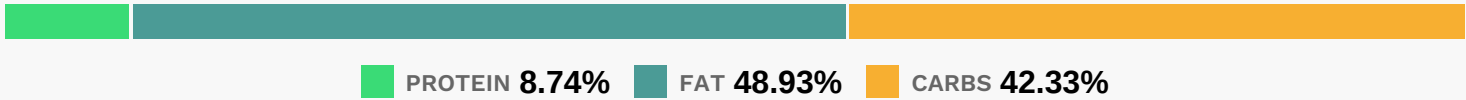
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine garlic, bread crumbs, vinegar and olive oil in a blender. Pulse until garlic is coarsely chopped.
- ☐ Add tomatoes, cucumbers, thyme and parsley. Pulse or blend until mixture forms a chunky soup.
- ☐ Transfer to a large bowl. Stir in 2 cups ice-cold water and season with Tabasco, salt and pepper.
- ☐ Cover and refrigerate until thoroughly chilled, at least 2 hours.
- ☐ Serve cold, garnished with croutons, if desired.

Nutrition Facts



Properties

Glycemic Index:11.3, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:4.6413043193195%

Flavonoids

Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg, Apigenin: 0.88mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 73.62kcal (3.68%), Fat: 4.11g (6.33%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 6.85g (2.49%), Sugar: 2.57g (2.86%), Cholesterol: 0mg (0%), Sodium: 58.99mg (2.56%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Vitamin C: 13.53mg (16.4%), Vitamin K: 16µg (15.24%), Manganese: 0.16mg (7.82%), Vitamin A: 380.67IU (7.61%), Vitamin B1: 0.1mg (6.45%), Vitamin E: 0.71mg (4.72%), Fiber: 1.15g (4.6%), Potassium: 156.26mg (4.46%), Iron: 0.8mg (4.43%), Copper: 0.09mg (4.25%), Folate: 16.35µg (4.09%), Vitamin B5: 0.34mg (3.42%), Vitamin B6: 0.07mg (3.39%), Vitamin B3: 0.67mg (3.37%), Vitamin B2: 0.05mg (3.21%), Magnesium: 12.5mg (3.13%), Phosphorus: 31.14mg (3.11%), Selenium: 2.02µg (2.88%), Calcium: 25.61mg (2.56%), Zinc: 0.19mg (1.3%)