



Grilled Tomato-Bell Pepper Gazpacho

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



439 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 bread country-style
- 0.3 teaspoon ground pepper
- 10 ounce cucumber divided peeled halved seeded cut into small cubes,
- 2 teaspoons marjoram fresh chopped
- 3 garlic clove divided
- 3 spring onion cut into thin strips
- 0.5 teaspoon ground cumin
- 8 tablespoons olive oil extra virgin extra-virgin divided

- 8 ounce bell pepper red
- 8 ounce onion red unpeeled quartered
- 3 tablespoons sherry vinegar ()
- 0.8 teaspoon paprika smoked
- 3.3 pounds tomatoes firm ripe
- 0.8 cup water cold ()

Equipment

- bowl
- baking sheet
- ladle
- grill
- garlic press

Directions

- Prepare barbecue (medium-high heat).
- Place first 3 ingredients on baking sheet.
- Brush with 3 tablespoons oil; sprinkle with salt and pepper.
- Brush both sides of bread with 2 tablespoons oil. Grill vegetables until skins are charred, turning frequently, about 8 minutes for tomatoes, 10 minutes for onion, and 15 minutes for pepper. Return to baking sheet. Grill bread until toasted, about 1 1/2 minutes per side.
- Cut 1 garlic clove in half; rub over toasted sides of bread.
- Cut bread into small cubes; reserve croutons.
- Remove charred skins and cores from tomatoes. Peel, seed, and core pepper; coarsely chop.
- Remove charred papery peel and core from onion. Set aside half of chopped cucumber for garnish. Working in 2 batches, add half each of tomatoes, pepper, onion, and remaining cucumber to processor and blend until coarse puree forms.
- Transfer mixture to large bowl. Repeat with remaining tomatoes, pepper, and onion. Using garlic press, squeeze in remaining 2 garlic cloves. Stir in remaining 3 tablespoons olive oil, 3 tablespoons vinegar, marjoram, smoked paprika, cumin, and cayenne. Thin soup, if desired,

with cold water by 1/4 cupfuls. Season with salt and pepper. Chill at least 2 hours. DO AHEAD
Gazpacho and croutons can be made 8 hours ahead. Cover gazpacho and chopped
cucumber garnish separately and refrigerate. Cover and store croutons at room temperature.

Season gazpacho to taste with more salt and more vinegar, if desired. Ladle into bowls.

Garnish with cucumber, croutons, and green onions; serve.

Nutrition Facts

PROTEIN 9.75% **FAT 45.18%** **CARBS 45.07%**

Properties

Glycemic Index:52.78, Glycemic Load:21.98, Inflammation Score:-10, Nutrition Score:28.1230436408%

Flavonoids

Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.09mg, Apigenin:
0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin:
0.26mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol:
0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.36mg, Myricetin: 0.36mg,
Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin: 9.85mg, Quercetin:
9.85mg

Nutrients (% of daily need)

Calories: 438.84kcal (21.94%), Fat: 22.66g (34.86%), Saturated Fat: 3.19g (19.94%), Carbohydrates: 50.85g
(16.95%), Net Carbohydrates: 43.02g (15.64%), Sugar: 14.51g (16.12%), Cholesterol: 0mg (0%), Sodium: 351.51mg
(15.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.01%), Vitamin C: 88.25mg (106.97%), Vitamin
A: 3489.01IU (69.78%), Manganese: 1.29mg (64.47%), Vitamin K: 52.75µg (50.24%), Folate: 131.7µg (32.93%),
Vitamin E: 4.9mg (32.7%), Fiber: 7.83g (31.33%), Selenium: 20.71µg (29.59%), Vitamin B3: 5.89mg (29.43%), Vitamin
B1: 0.44mg (29.3%), Potassium: 916.43mg (26.18%), Vitamin B6: 0.48mg (24.21%), Iron: 3.95mg (21.97%),
Phosphorus: 186.97mg (18.7%), Magnesium: 73.08mg (18.27%), Vitamin B2: 0.29mg (16.95%), Copper: 0.32mg
(16.09%), Calcium: 140.88mg (14.09%), Vitamin B5: 1.09mg (10.92%), Zinc: 1.45mg (9.68%)