



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

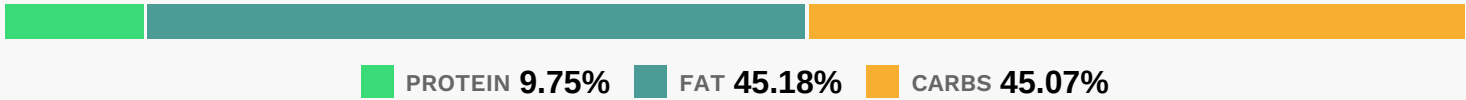
Directions

- ☐ 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



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%)