



Grilled Vegetable Gazpacho

 Vegetarian  Vegan  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



139 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 beefsteak tomatoes cored ripe cut in half crosswise (3 pounds)
- 0.3 teaspoon pepper black freshly ground
- 1 ounce bread baguette french cut into 2 slices
- 2 cups cucumber english thinly sliced quartered
- 3 tablespoons cilantro leaves fresh
- 2 garlic cloves crushed
- 0.3 cup green onions minced
- 1 jalapeno

- 0.8 teaspoon kosher salt divided
- 2.5 tablespoons juice of lemon fresh divided
- 0.3 cup olive oil extra-virgin divided
- 1 slices onion sliced
- 1 bell pepper red
- 0.5 cup water

Equipment

- bowl
- ladle
- blender
- grill

Directions

- Preheat grill to medium-high heat.
- Brush cut sides of tomatoes and onion slices with 1 tablespoon oil. Lightly coat bread with cooking spray.
- Place bread on grill rack, and grill 1 1/2 minutes on each side or until toasted.
- Remove from grill.
- Place peppers on grill rack coated with cooking spray. Grill 8 minutes or until blistered, turning peppers after 4 minutes.
- Remove peppers from grill.
- Place peppers in a small paper bag; fold tightly to seal.
- Let stand for 20 minutes. Arrange onion on grill rack; grill for 10 minutes. Turn onion over. Arrange tomatoes, cut sides down, on grill rack; grill onion and tomatoes 10 minutes. Peel and seed peppers.
- Combine 2 tablespoons oil, bread, grilled vegetables, 1/2 cup water, 2 tablespoons juice, 1/2 teaspoon salt, black pepper, and garlic in a blender; process until smooth.
- Combine the remaining 1 tablespoon olive oil, remaining 1 1/2 teaspoons lemon juice, remaining 1/4 teaspoon salt, cucumber, and remaining ingredients; toss. Ladle about 2/3 cup soup in

each of 6 bowls, and top each serving with about 1/3 cup cucumber mixture.

Nutrition Facts

PROTEIN 7.11% **FAT 57.95%** **CARBS 34.94%**

Properties

Glycemic Index:55.92, Glycemic Load:4.12, Inflammation Score:-9, Nutrition Score:12.596086844154%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 139.43kcal (6.97%), Fat: 9.59g (14.76%), Saturated Fat: 1.35g (8.43%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 10g (3.64%), Sugar: 6.56g (7.29%), Cholesterol: 0mg (0%), Sodium: 331.45mg (14.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Vitamin C: 56.16mg (68.07%), Vitamin A: 2154.64IU (43.09%), Vitamin K: 35.38µg (33.69%), Vitamin E: 2.67mg (17.8%), Manganese: 0.31mg (15.49%), Potassium: 534.68mg (15.28%), Vitamin B6: 0.24mg (12.18%), Fiber: 3.01g (12.05%), Folate: 48.02µg (12%), Vitamin B1: 0.12mg (8.3%), Vitamin B3: 1.54mg (7.68%), Magnesium: 29.54mg (7.38%), Copper: 0.14mg (6.97%), Phosphorus: 64.32mg (6.43%), Iron: 0.99mg (5.47%), Vitamin B2: 0.09mg (5.23%), Vitamin B5: 0.35mg (3.5%), Calcium: 33.76mg (3.38%), Zinc: 0.5mg (3.33%), Selenium: 1.68µg (2.39%)