



Grilled-Vegetable Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



71 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 regular corn husked
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cucumber english thinly sliced
- ☐ 4 garlic clove unpeeled
- ☐ 1.5 teaspoons ground cumin
- ☐ 10 servings salt and pepper freshly ground
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 0.5 cup orange juice fresh
- ☐ 2 bell pepper red cored quartered
- ☐ 2 tablespoons red wine vinegar
- ☐ 2 cups sacramento tomato juice
- ☐ 2 tablespoons vegetable oil
- ☐ 1 onion white cut into 1/2-inch slabs
- ☐ 2 bell pepper yellow cored quartered
- ☐ 2 zucchini sliced lengthwise

Equipment

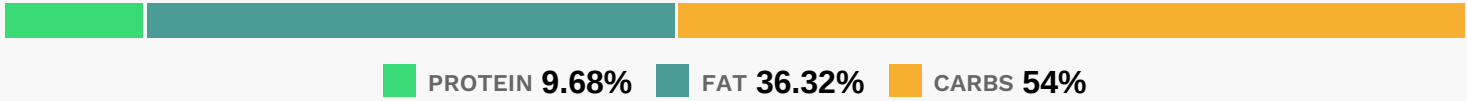
- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ blender
- ☐ grill
- ☐ skewers
- ☐ serrated knife

Directions

- ☐ Light a grill. Thread the garlic cloves onto a skewer. Lightly brush the garlic, bell peppers, zucchini, onion and corn with the vegetable oil and season with salt and pepper. Grill the vegetables over moderately high heat, turning frequently, until lightly charred and crisp-tender, about 10 minutes.
- ☐ Transfer the peppers to a bowl, cover with plastic and let steam for 10 minutes.
- ☐ Meanwhile, remove the garlic cloves from the skewers, peel them and transfer to a large bowl. Using a large serrated knife, cut the charred corn kernels into the bowl. Peel the peppers and add them to the bowl along with the zucchini, onion, cumin, crushed red pepper, tomato juice, orange juice, lemon juice and vinegar.
- ☐ Working in batches, puree the vegetable mixture in a blender or food processor.

- ☐ Pour the gazpacho into a clean bowl and season with salt and pepper. Cover and refrigerate until chilled, about 2 hours.
- ☐ Just before serving, stir the cilantro into the gazpacho. Ladle the soup into bowls, garnish with the cucumber and serve.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:2.03, Inflammation Score:-8, Nutrition Score:10.964347818623%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 71.1kcal (3.56%), Fat: 3.16g (4.87%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 8.8g (3.2%), Sugar: 5.87g (6.52%), Cholesterol: 0mg (0%), Sodium: 207.2mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin C: 100.18mg (121.42%), Vitamin A: 1207.75IU (24.16%), Vitamin K: 15.33µg (14.6%), Vitamin B6: 0.28mg (13.92%), Potassium: 419.73mg (11.99%), Manganese: 0.23mg (11.69%), Folate: 45.46µg (11.37%), Fiber: 1.78g (7.13%), Magnesium: 26.58mg (6.64%), Vitamin B1: 0.09mg (6.03%), Vitamin E: 0.88mg (5.89%), Vitamin B2: 0.1mg (5.84%), Copper: 0.11mg (5.57%), Vitamin B3: 1.09mg (5.43%), Iron: 0.96mg (5.34%), Phosphorus: 52.62mg (5.26%), Vitamin B5: 0.45mg (4.49%), Calcium: 30.25mg (3.02%), Zinc: 0.42mg (2.82%)