



WHATSheATE



HEALTH SCORE

77%

Grilling: Gazpacho



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



227 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 bamboo skewers for 30 minutes prior to using
- ☐ 1 cucumber peeled
- ☐ 0.3 cup olive oil extra virgin
- ☐ 2 slices bread white french country style
- ☐ 0.3 cup herbs: rosemary mixed fresh chopped (including basil, oregano, tarragon, and/or flatleaf parsley)
- ☐ 2 cloves garlic
- ☐ 1 bell pepper green
- ☐ 1 bell pepper red

- ☐ 1 medium onion red peeled quartered
- ☐ 2 tablespoons red wine vinegar to taste (or)
- ☐ 6 servings pepper black freshly ground
- ☐ 4 spring onion
- ☐ 2.5 pounds vine ripened tomato

Equipment

- ☐ bowl
- ☐ ladle
- ☐ knife
- ☐ blender
- ☐ toothpicks
- ☐ grill
- ☐ skewers

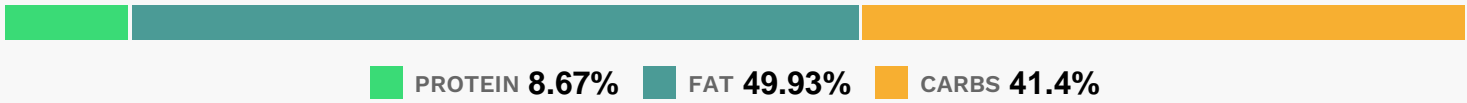
Directions

- ☐ Finely chop the scallion greens and set aside for garnish. Skewer the scallion whites on bamboo skewers or toothpicks. Skewer the garlic cloves and onion quarters the same way. Lightly brush the scallion whites, garlic, and onion quarters with olive oil.
- ☐ Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread coals out evenly over the charcoal grate.
- ☐ Place scallions, garlic, onion, tomatoes, bread, and peppers on the grill. Grill scallions, garlic, onions, and bread until nicely browned, about 2-3 minutes per side. Grill the tomatoes and bell peppers until charred, about 2 minutes per side for the tomatoes and 4 minutes per side for the peppers.
- ☐ Transfer to a plate to cool. Scrape the charred skins off the tomatoes and peppers with a paring knife. (Don't worry about removing every last bit.) Core and seed the peppers.
- ☐ Peel the garlic and place them in a blender along with the scallion whites, onions, toast, tomatoes, bell peppers, cucumber, herbs, vinegar, and remaining olive oil and puree until smooth. Thin the gazpacho to pourable consistency with water if needed and season with salt and pepper.

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Place the gazpacho in the refrigerator to chill for at least 1 hour, preferably until very cold. Just before serving, correct the seasoning, adding salt or vinegar to taste. To serve, ladle the gazpacho into bowls and sprinkle with the chopped scallion greens.

Nutrition Facts



Properties

Glycemic Index:60.08, Glycemic Load:11.52, Inflammation Score:-9, Nutrition Score:19.875217313352%

Flavonoids

Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg, Luteolin: 1.1mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 226.8kcal (11.34%), Fat: 13.13g (20.2%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 20g (7.27%), Sugar: 8.96g (9.95%), Cholesterol: 0mg (0%), Sodium: 144.53mg (6.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Vitamin C: 75.35mg (91.34%), Vitamin K: 86.16µg (82.05%), Vitamin A: 2596.12IU (51.92%), Manganese: 0.48mg (24.14%), Vitamin E: 3.27mg (21.77%), Folate: 85.16µg (21.29%), Potassium: 687.81mg (19.65%), Vitamin B1: 0.28mg (18.41%), Fiber: 4.49g (17.98%), Vitamin B6: 0.34mg (17.2%), Vitamin B3: 2.56mg (12.82%), Iron: 2.04mg (11.31%), Copper: 0.22mg (10.93%), Magnesium: 43.3mg (10.82%), Vitamin B2: 0.18mg (10.42%), Phosphorus: 99.28mg (9.93%), Selenium: 6.46µg (9.23%), Calcium: 56.49mg (5.65%), Zinc: 0.81mg (5.39%), Vitamin B5: 0.49mg (4.88%)