



Gutsy Red Pepper Gazpacho

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



309 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 28 ounce canned tomatoes diced canned
- 6 servings coarse salt
- 6 servings tortilla chips blue
- 2 cloves garlic crushed
- 1 jalapeno seeded chopped
- 0.3 cup olive oil extra-virgin
- 2 bell peppers red seeded coarsely chopped
- 0.5 onion red finely chopped

- 2 tablespoons red wine vinegar
- 2 teaspoons sugar
- 1 cup tomato sauce
- 0.5 cup water
- 2 slices bread white chopped

Equipment

- food processor

Directions

- Place peppers in food processor and puree.
- Add sugar, jalapeno, bread, garlic, tomato sauce, tomatoes and process until smooth.
- Add 1/2 cup of water to thin soup, if necessary.
- Add vinegar and oil, pulse-process and season soup with salt, to taste.
- Serve immediately or chill.
- Garnish cups of soup with chopped red onion and pass blue corn chips for dipping into soup at table.

Nutrition Facts



PROTEIN 7.39% **FAT 43.5%** **CARBS 49.11%**

Properties

Glycemic Index:58.14, Glycemic Load:8.07, Inflammation Score:-9, Nutrition Score:17.979999873949%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 308.59kcal (15.43%), Fat: 15.73g (24.21%), Saturated Fat: 2.2g (13.73%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 34.06g (12.39%), Sugar: 11.43g (12.7%), Cholesterol: 0mg (0%), Sodium: 697.34mg (30.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.01g (12.03%), Vitamin C: 69.59mg (84.35%), Vitamin E: 5.26mg (35.05%), Vitamin A: 1729.56IU (34.59%), Fiber: 5.91g (23.62%), Vitamin B6: 0.44mg (22.24%), Vitamin K: 21.87µg (20.83%), Manganese: 0.41mg (20.66%), Potassium: 678.6mg (19.39%), Iron: 3.11mg (17.25%), Copper: 0.34mg (17.24%), Magnesium: 65.03mg (16.26%), Vitamin B3: 3.09mg (15.44%), Vitamin B1: 0.22mg (14.6%), Phosphorus: 141.29mg (14.13%), Folate: 54.13µg (13.53%), Calcium: 106.05mg (10.61%), Vitamin B2: 0.17mg (10.24%), Vitamin B5: 1.02mg (10.21%), Zinc: 1.04mg (6.94%), Selenium: 4.45µg (6.36%)