



Hawaiian Pineapple Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



33 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cucumber peeled seeded chopped
- ☐ 1 teaspoons jalapeno minced
- ☐ 1 tablespoon parsley fresh italian chopped
- ☐ 8 servings garnish: parsley fresh italian
- ☐ 1 cup pineapple fresh chopped
- ☐ 6 ounce pineapple juice canned
- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.1 teaspoon salt

- ☐ 2 tablespoons onion sweet chopped
- ☐ 0.3 cup bell pepper yellow chopped

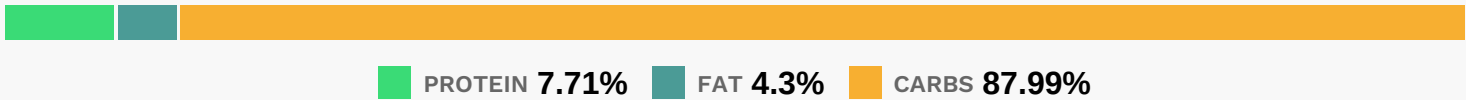
Equipment

- ☐ food processor

Directions

- ☐ Combine all ingredients except garnish in a food processor; pulse 4 to 5 times or until finely chopped. Cover and chill 1 hour.
- ☐ Garnish, if desired.
- ☐ Note: At the Lodge at Koele, the fruit and vegetables are typically blended until fairly smooth. But we like the liveliness of leaving the ingredients chopped. Either way, it's delicious.

Nutrition Facts



Properties

Glycemic Index:25.21, Glycemic Load:1.61, Inflammation Score:-6, Nutrition Score:7.9773913155431%

Flavonoids

Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg, Apigenin: 9.7mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 32.64kcal (1.63%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 6.75g (2.46%), Sugar: 5.97g (6.63%), Cholesterol: 0mg (0%), Sodium: 40.52mg (1.76%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.69g (1.39%), Vitamin K: 77.14µg (73.47%), Vitamin C: 34.41mg (41.71%), Manganese: 0.24mg (11.95%), Vitamin A: 590.54IU (11.81%), Folate: 20.96µg (5.24%), Fiber: 1.16g (4.62%), Vitamin B6: 0.09mg (4.47%), Copper: 0.09mg (4.31%), Potassium: 149mg (4.26%), Vitamin B1: 0.06mg (3.9%), Magnesium: 13.85mg (3.46%), Iron: 0.53mg (2.95%), Calcium: 18.98mg (1.9%), Vitamin B2: 0.03mg (1.82%), Vitamin B5: 0.18mg (1.79%), Phosphorus: 16.79mg (1.68%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.18mg (1.21%)