

Heirloom Gazpacho



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



134 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 teaspoon garlic chopped
- ☐ 2 pounds heirloom tomatoes coarsely chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 cup orange bell pepper yellow finely chopped
- ☐ 0.3 teaspoon sea salt
- ☐ 1 tablespoon sherry vinegar

- ☐ 0.5 pound shrimp deveined cooked peeled coarsely chopped (12 shrimp)
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup water

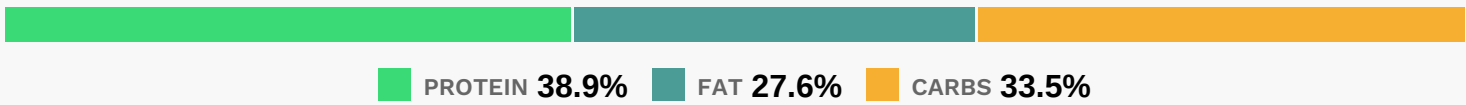
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle

Directions

- ☐ Pulse first 6 ingredients (through water) in a food processor until finely chopped but not smooth. Stir in salt, black pepper, and bell pepper. Ladle into 4 bowls; top with basil and shrimp.

Nutrition Facts



Properties

Glycemic Index:68.02, Glycemic Load:3.23, Inflammation Score:-9, Nutrition Score:16.546086849726%

Flavonoids

Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg, Naringenin: 1.54mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 134.06kcal (6.7%), Fat: 4.37g (6.73%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 11.94g (3.98%), Net Carbohydrates: 8.37g (3.04%), Sugar: 8.04g (8.93%), Cholesterol: 91.29mg (30.43%), Sodium: 229.19mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.74%), Vitamin C: 79.27mg (96.09%), Vitamin A: 3135.39IU (62.71%), Vitamin K: 28.29µg (26.94%), Potassium: 776.42mg (22.18%), Copper: 0.38mg (19.08%), Phosphorus: 187.94mg (18.79%), Manganese: 0.37mg (18.34%), Vitamin E: 2.33mg (15.54%), Vitamin B6: 0.3mg (15.09%), Fiber: 3.58g (14.3%), Folate: 52.22µg (13.05%), Magnesium: 51.37mg (12.84%), Vitamin B3: 1.73mg (8.66%), Zinc: 1.27mg (8.45%), Vitamin B1: 0.11mg (7.08%), Calcium: 68.27mg (6.83%), Iron: 1.18mg (6.54%), Vitamin B2: 0.08mg (4.53%), Vitamin B5: 0.33mg (3.29%)