



How to Make White Gazpacho

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



209 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup unseasoned bread cubes french
- 1 pinch cayenne pepper to taste
- 0.3 cup crème fraîche
- 2 cucumbers english peeled chopped quartered
- 8 grapes green
- 1 cup leeks white thinly sliced
- 1 tablespoon olive oil
- 6 servings salt plus more to taste

- 2 tablespoons sherry vinegar
- 0.3 cup slivered blanched almonds
- 1.5 cups water cold as needed

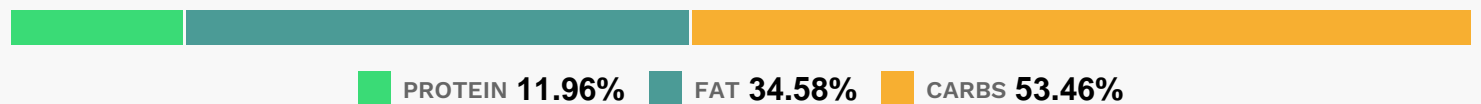
Equipment

- sauce pan
- sieve
- blender

Directions

- Heat 1 tablespoon olive oil in a saucepan over medium-low heat. Cook and stir leeks until soft, 10 to 15 minutes.
- Remove to a plate and allow to cool.
- Place cucumbers in a blender with grapes, almonds, 1 tablespoon olive oil, salt, creme fraiche, bread cubes, vinegar, cooled leeks, and water. Puree until smooth, about 1 minute. Strain through a fine mesh sieve. Cover and chill for 1 to 2 hours.
- Taste and season with salt and cayenne pepper. If needed, add some more vinegar.
- Serve garnished with dill oil (see note), thinly sliced grapes, slivered almonds, and fresh dill.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:16.89, Inflammation Score:-6, Nutrition Score:10.529130487338%

Flavonoids

Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 209.38kcal (10.47%), Fat: 8.3g (12.77%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 26.72g (9.72%), Sugar: 5.75g (6.39%), Cholesterol: 7.54mg (2.51%), Sodium: 444.49mg

(19.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.46g (12.92%), Vitamin K: 26.23µg (24.98%), Manganese: 0.45mg (22.44%), Vitamin B1: 0.33mg (22.11%), Selenium: 12.35µg (17.64%), Folate: 68.12µg (17.03%), Vitamin B2: 0.26mg (15.54%), Iron: 2.35mg (13.07%), Vitamin E: 1.72mg (11.47%), Vitamin B3: 2.24mg (11.21%), Magnesium: 44.4mg (11.1%), Phosphorus: 103.73mg (10.37%), Copper: 0.19mg (9.29%), Vitamin A: 443.53IU (8.87%), Fiber: 2.14g (8.58%), Potassium: 280.54mg (8.02%), Calcium: 71.69mg (7.17%), Vitamin B6: 0.13mg (6.67%), Vitamin C: 4.95mg (6%), Zinc: 0.82mg (5.44%), Vitamin B5: 0.47mg (4.72%)