



Lazy Heirloom Tomato Gazpacho

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



52 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 clove garlic cloves minced peeled
- 1 teaspoon kosher salt
- 0.5 cup olive oil extra-virgin
- 1 teaspoon paprika smoked spanish
- 0.1 cup red wine vinegar

Equipment

- bowl
- ladle

pot

blender

Directions

Coarsely chop the tomatoes and cucumbers and put them in a large pot.

Cut the crusts off the white bread slices and then cut the slices into 1 inch-sized pieces and add them to the pot.

Add in the red wine vinegar and the olive oil, then blend with the stick blender until everything is well incorporated. Step 5: Chill the soup in the fridge for an hour. Step 6: Ladle the heirloom tomato gazpacho out into individual bowls and garnish. (I used finely diced cucumber and red bell peppers, but you can use other garnishes like diced avocado.)

Nutrition Facts

PROTEIN 0.94% FAT 94.91% CARBS 4.15%

Properties

Glycemic Index:11.25, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:0.97478259290042%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 51.68kcal (2.58%), Fat: 5.47g (8.41%), Saturated Fat: 0.76g (4.73%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.06g (0.07%), Cholesterol: 0mg (0%), Sodium: 582.54mg (25.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin E: 0.92mg (6.16%), Vitamin A: 246.34IU (4.93%), Vitamin K: 3.67µg (3.49%), Manganese: 0.03mg (1.27%), Iron: 0.19mg (1.04%)