



Light and Fresh Mexican Gazpacho



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



10

CALORIES



282 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 small avocados diced pitted peeled
- ☐ 4 stalks celery diced
- ☐ 64 ounce tomato and clam juice cocktail
- ☐ 2 cucumbers chopped
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 3 cloves garlic minced to taste
- ☐ 1 tablespoon garlic powder
- ☐ 1 bunch green onions diced

- ☐ 10 servings salt and ground pepper black to taste
- ☐ 0.3 cup juice of lemon
- ☐ 12 ounce pepper sauce hot cholula® such as
- ☐ 3 bell peppers diced red
- ☐ 0.5 onion diced red
- ☐ 0.3 cup red wine vinegar
- ☐ 46 fluid ounce tomato-vegetable juice cocktail such as V8®
- ☐ 3 bell peppers diced yellow

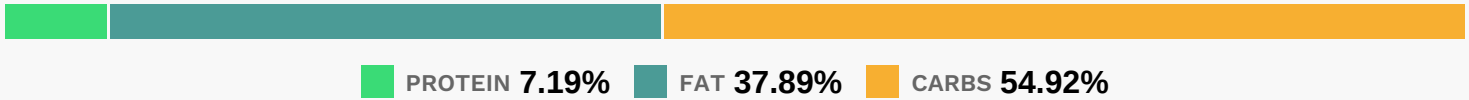
Equipment

- ☐ bowl

Directions

- ☐ Combine celery, red and yellow bell peppers, cucumbers, avocados, cilantro, green onions, red onion, tomato-vegetable juice cocktail, tomato and claim juice cocktail, hot pepper sauce, red wine vinegar, lemon juice, garlic, and garlic powder in a large nonreactive bowl. Season with salt and black pepper. Refrigerate at least 6 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:3.15, Inflammation Score:-10, Nutrition Score:23.001304157402%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg, Apigenin: 0.46mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg

0.16mg, Myricetin: 0.16mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 281.65kcal (14.08%), Fat: 12.73g (19.58%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 41.51g (13.84%), Net Carbohydrates: 32.69g (11.89%), Sugar: 14.88g (16.53%), Cholesterol: 0mg (0%), Sodium: 1593.65mg (69.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Vitamin C: 185.62mg (225%), Vitamin A: 2438.28IU (48.77%), Folate: 153.87µg (38.47%), Vitamin B6: 0.77mg (38.28%), Vitamin K: 39.24µg (37.37%), Fiber: 8.82g (35.3%), Potassium: 1230.9mg (35.17%), Manganese: 0.48mg (24.04%), Vitamin B5: 2.04mg (20.38%), Copper: 0.41mg (20.33%), Vitamin E: 3.02mg (20.13%), Vitamin B3: 3.61mg (18.05%), Magnesium: 69.64mg (17.41%), Vitamin B2: 0.27mg (15.76%), Vitamin B1: 0.23mg (15.41%), Phosphorus: 133.28mg (13.33%), Iron: 2.12mg (11.77%), Zinc: 1.24mg (8.26%), Calcium: 68.91mg (6.89%), Selenium: 2.1µg (3%)