



Lowcountry Gazpacho with Seasoned Shrimp and Quick Pickled Okra

 Gluten Free  Dairy Free

READY IN



333 min.

SERVINGS



8

CALORIES



187 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups apple cider vinegar quick
- ☐ 8 cherry tomatoes quartered
- ☐ 2 ears corn
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 teaspoon garlic minced
- ☐ 1 bell pepper diced green finely
- ☐ 2 tomatoes diced green

- ☐ 8 servings kosher salt
- ☐ 1 bell pepper diced red finely
- ☐ 8 servings shrimp
- ☐ 1 onion diced sweet finely
- ☐ 10 cups tomatoes ripe coarsely chopped
- ☐ 8 servings pepper white freshly ground
- ☐ 1 bell pepper diced yellow finely

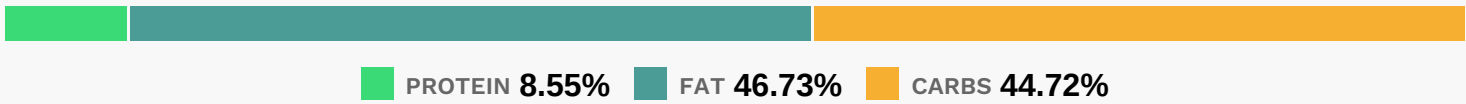
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Place tomatoes in a mixing bowl; mix on low speed 5 minutes or until tomatoes render their juices.
- ☐ Place a strainer over a bowl; line strainer with a couple layers of cheesecloth, and add chopped tomatoes. Refrigerate several hours, stirring occasionally and allowing the clear liquid to settle at the bottom (about 3 cups). Discard tomato pulp.
- ☐ Combine corn, next 7 ingredients, and Quick Pickled Okra, if desired, in a large bowl. Stir in tomato liquid, olive oil, and liquid from Quick Pickled Okra. Season with salt and white pepper to taste. Spoon into bowls; top with Seasoned Shrimp.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:2.39, Inflammation Score:-9, Nutrition Score:16.854347814684%

Flavonoids

Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 7.73mg, Quercetin: 7.73mg, Quercetin: 7.73mg

Nutrients (% of daily need)

Calories: 186.54kcal (9.33%), Fat: 9.94g (15.29%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 16.66g (6.06%), Sugar: 11.26g (12.51%), Cholesterol: 1.61mg (0.54%), Sodium: 221.51mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.09g (8.19%), Vitamin C: 98.94mg (119.92%), Vitamin A: 2425.05IU (48.5%), Manganese: 0.62mg (31.16%), Vitamin K: 25.74µg (24.52%), Potassium: 789.49mg (22.56%), Fiber: 4.75g (18.98%), Vitamin E: 2.83mg (18.85%), Vitamin B6: 0.37mg (18.51%), Folate: 64.29µg (16.07%), Copper: 0.24mg (12.1%), Magnesium: 47.44mg (11.86%), Vitamin B1: 0.17mg (11.15%), Phosphorus: 110.69mg (11.07%), Vitamin B3: 2.16mg (10.8%), Iron: 1.65mg (9.18%), Vitamin B5: 0.63mg (6.32%), Vitamin B2: 0.1mg (5.62%), Calcium: 48.39mg (4.84%), Zinc: 0.67mg (4.44%), Selenium: 0.78µg (1.12%)