



Malaga Almond Gazpacho

 Vegetarian  Vegan  Dairy Free

READY IN



300 min.

SERVINGS



4

CALORIES



219 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 inch crusty baguette
- 0.8 cup blanched almonds and whole
- 1 garlic clove
- 2 cups water
- 0.5 cup olive oil extra virgin extra-virgin (preferably Andalusian hojiblanca)
- 0.5 teaspoon salt
- 1 tablespoon sherry vinegar to taste (preferably "reserva")
- 0.3 lb grapes green seedless cooked peeled

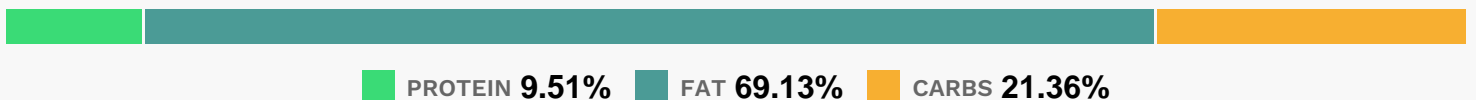
Equipment

- food processor
- bowl
- knife
- sieve
- mortar and pestle

Directions

- Soak bread in 1/2 cup water 1 minute, then squeeze dry, discarding soaking water.
- Mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a large knife). Blend garlic paste and almonds in a food processor until nuts are as smooth as possible.
- Add bread and 1 tablespoon vinegar and, with motor running, add oil in a slow stream, then add ice water and blend well. Force purée through a fine sieve into a bowl, pressing firmly on solids. Discard solids.
- Transfer soup to a glass container and chill, covered, until cold, about 3 hours. Season with salt and vinegar before serving.
- Gazpacho can be chilled up to 2 days.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:3.69, Inflammation Score:-4, Nutrition Score:8.2434784122135%

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: 218.86kcal (10.94%), Fat: 17.83g (27.42%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 9.68g (3.52%), Sugar: 7.04g (7.82%), Cholesterol: 0mg (0%), Sodium: 314.12mg (13.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.04%), Vitamin E: 6.42mg (42.81%), Manganese: 0.48mg (24.04%), Magnesium: 67.48mg (16.87%), Copper: 0.31mg (15.64%), Phosphorus: 123.55mg (12.36%), Vitamin B2: 0.2mg (11.77%), Fiber: 2.72g (10.87%), Vitamin K: 8.84µg (8.42%), Potassium: 233.6mg (6.67%), Calcium: 66.46mg (6.65%), Iron: 1.03mg (5.74%), Vitamin B1: 0.08mg (5.56%), Zinc: 0.76mg (5.07%), Vitamin B3: 0.98mg (4.92%), Folate: 14.3µg (3.58%), Vitamin B6: 0.07mg (3.54%), Vitamin C: 1.46mg (1.77%), Selenium: 1.22µg (1.75%), Vitamin B5: 0.1mg (1.04%)