



 **58%**  
HEALTH SCORE

## Max and Eli Sussman's Watermelon Gazpacho

 Vegetarian  Vegan  Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



819 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup almonds raw
- 0.5 cup olive oil extra virgin extra-virgin plus more for brushing
- 0.5 onion red cut into big chunks
- 4 servings salt
- 5 slices sourdough bread thick
- 1 seeded/seedless watermelon seedless cubed
- 0.5 bell pepper yellow seeded cut into big chunks

### Equipment

- food processor
- bowl
- frying pan
- baking sheet
- ladle
- oven
- sieve

## Directions

- Preheat the oven to 350 degrees.
- In a food processor, process the watermelon to a smooth puree. Strain the juice through a medium-mesh sieve into a large bowl; you should have about 4 cups.
- Add the onion and bell pepper to the food processor (no need to clean it first) and process to a smooth puree.
- Add to the bowl with the watermelon juice and place in the fridge. Reserve the food processor (again, no need to clean it).
- Spread the almonds on a baking sheet.
- Brush 1 slice of the bread with olive oil and put it on the pan alongside the nuts.
- Bake until the bread is lightly golden and the nuts are fragrant and golden, about 10 minutes. Shake the tray a few times during toasting so the almonds don't scorch, and turn the bread once halfway through. Set aside to cool.
- Cut the bread into 1/4-inch cubes and set aside for garnish.
- Cut the crusts off the remaining 4 bread slices. Break the bread into large pieces, add to the food processor, and process to crumbs.
- Remove the watermelon mixture from the fridge and add the bread crumbs.
- Put the toasted almonds in the food processor and pulse to finely chop. Work carefully, as you don't want the nuts to turn to paste.
- Add to the watermelon mixture.
- Add the 1/2 cup olive oil and salt to taste and stir to mix well. Taste and adjust the seasoning. Ladle into soup bowls, garnish with the reserved bread cubes, and serve.

## Nutrition Facts

PROTEIN 10.61% FAT 27.48% CARBS 61.91%

## Properties

Glycemic Index:48.04, Glycemic Load:92.68, Inflammation Score:-10, Nutrition Score:43.062173345815%

## Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 5.36mg, Luteolin: 5.36mg, Luteolin: 5.36mg, Luteolin: 5.36mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg, Kaempferol: 5.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg, Quercetin: 3.07mg

## Nutrients (% of daily need)

Calories: 819.34kcal (40.97%), Fat: 26.91g (41.4%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 136.4g (45.47%), Net Carbohydrates: 125.31g (45.57%), Sugar: 75.58g (83.98%), Cholesterol: 0mg (0%), Sodium: 687.95mg (29.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.38g (46.76%), Vitamin C: 119.44mg (144.77%), Vitamin A: 6431.63IU (128.63%), Manganese: 1.7mg (84.96%), Vitamin E: 10.66mg (71.09%), Vitamin B1: 1.02mg (68.2%), Magnesium: 237.79mg (59.45%), Vitamin B2: 0.99mg (58.4%), Copper: 0.98mg (49.19%), Potassium: 1667.35mg (47.64%), Fiber: 11.1g (44.39%), Selenium: 28.96µg (41.37%), Iron: 7.28mg (40.46%), Phosphorus: 387.27mg (38.73%), Folate: 154.36µg (38.59%), Vitamin B3: 7.3mg (36.5%), Vitamin B6: 0.68mg (34.12%), Vitamin B5: 2.96mg (29.63%), Calcium: 221.49mg (22.15%), Zinc: 3.12mg (20.81%), Vitamin K: 4.99µg (4.75%)