



Mexican Gazpacho

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



49 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 14.5 ounce canned tomatoes whole undrained canned
- 1.3 cups cucumber divided peeled chopped
- 1 garlic clove halved
- 0.5 cup bell pepper green chopped
- 0.3 teaspoon hot sauce
- 1 tablespoon jalapeno seeded chopped
- 2 tablespoons onion chopped
- 0.3 teaspoon oregano dried

- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 0.8 cup water
- 1 tablespoon vinegar white

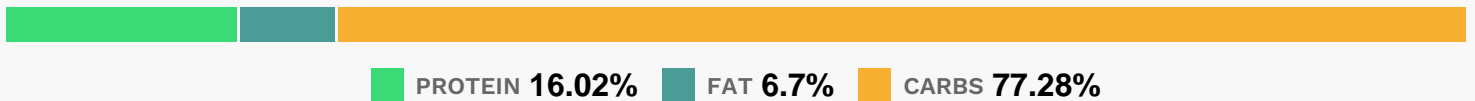
Equipment

- food processor
- bowl

Directions

- Place 1 cup cucumber and next 10 ingredients (cucumber through tomatoes) in a food processor, and process until mixture is pured.
- Pour into a bowl; stir in water. Cover and chill. Top each serving with 1 tablespoon remaining cucumber.

Nutrition Facts



Properties

Glycemic Index:69.27, Glycemic Load:2.82, Inflammation Score:-6, Nutrition Score:8.07652183201%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 48.81kcal (2.44%), Fat: 0.42g (0.64%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 7.98g (2.9%), Sugar: 6.43g (7.14%), Cholesterol: 0mg (0%), Sodium: 291.77mg (12.69%), Alcohol: 0g (100%), Protein: 2.24g (4.48%), Vitamin C: 31mg (37.58%), Manganese: 0.27mg (13.64%), Vitamin B6: 0.25mg (12.49%), Copper: 0.24mg (12.21%), Potassium: 411.89mg (11.77%), Fiber: 2.82g (11.28%), Vitamin K: 11.33µg (10.79%), Vitamin E: 1.52mg (10.17%), Iron: 1.57mg (8.74%), Magnesium: 29.49mg (7.37%), Vitamin A: 362.91IU (7.26%), Vitamin B3: 1.43mg (7.13%), Vitamin B1: 0.11mg (7.08%), Folate: 23.34µg (5.83%), Calcium: 49.26mg (4.93%), Phosphorus: 49.28mg (4.93%), Vitamin B2: 0.07mg (4.4%), Vitamin B5: 0.43mg (4.28%), Zinc: 0.4mg (2.69%), Selenium: 0.83µg

(1.19%)