



Mexican-Inspired Seafood Gazpacho

 Gluten Free  Dairy Free

READY IN



510 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 avocado diced pitted peeled
- ☐ 64 ounce tomato and clam juice cocktail
- ☐ 1 large cucumber diced seeded
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 1 bell pepper green chopped
- ☐ 4 ounces imitation crabmeat chopped
- ☐ 4 juice of lemon juiced
- ☐ 0.3 cup catsup

- ☐ 0.5 pound shrimp cooked
- ☐ 1 tomatoes diced

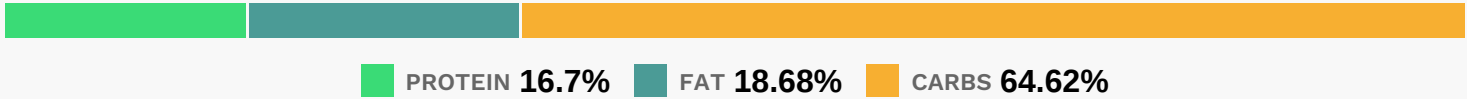
Equipment

- ☐ bowl

Directions

- ☐ Mix tomato and clam juice cocktail, ketchup, lemon juice, cilantro, cucumber, shrimp, imitation crabmeat, and green bell pepper in a 2-quart container. Chill 8 hours or overnight and serve in bowls topped with diced avocado and tomato.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:0.92, Inflammation Score:-8, Nutrition Score:18.743043588555%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 416.04kcal (20.8%), Fat: 8.89g (13.68%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 69.22g (23.07%), Net Carbohydrates: 62.22g (22.63%), Sugar: 22.72g (25.25%), Cholesterol: 94.4mg (31.47%), Sodium: 2012.54mg (87.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.88g (35.77%), Vitamin C: 70.33mg (85.25%), Potassium: 1090.81mg (31.17%), Vitamin B6: 0.57mg (28.52%), Fiber: 7g (27.98%), Copper: 0.55mg (27.7%), Folate: 101.79µg (25.45%), Vitamin A: 1251.34IU (25.03%), Phosphorus: 231.74mg (23.17%), Vitamin K: 20.98µg (19.98%), Magnesium: 75.63mg (18.91%), Manganese: 0.38mg (18.83%), Vitamin E: 2.1mg (14.02%), Vitamin B5: 1.35mg (13.46%), Vitamin B3: 2.52mg (12.58%), Vitamin B1: 0.19mg (12.52%), Zinc: 1.7mg (11.3%), Vitamin B2: 0.18mg (10.65%), Calcium: 98.57mg (9.86%), Iron: 1.67mg (9.27%), Selenium: 2.22µg (3.17%), Vitamin B12: 0.14µg (2.27%)