



Mixed Berry Gazpacho with Basil



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 sprig basil for garnish
- ☐ 1 pound poached berries mixed cut into 1/2" pieces
- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 teaspoon juice of lime fresh
- ☐ 4 servings olive oil extra virgin extra-virgin (for drizzling)
- ☐ 1 tablespoon orange juice fresh

- ☐ 2 tablespoons sugar
- ☐ 4 servings whipped cream

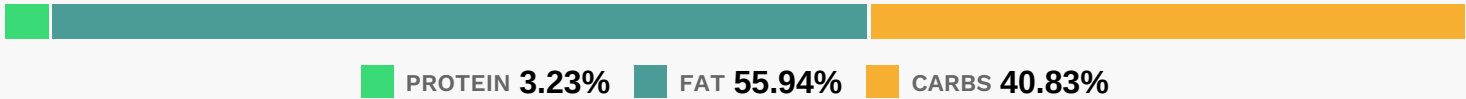
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Combine first 6 ingredients and basil sprig in a medium heatproof bowl; toss to coat. Cover with plastic wrap.
- ☐ Place over a large saucepan of simmering water; cook for 10 minutes.
- ☐ Let cool for 15 minutes. Chill until cold, about 4 hours. DO AHEAD: Berry gazpacho can be made 1 day ahead. Keep chilled.
- ☐ Divide fruit and juices among bowls; drizzle with oil, garnish with basil leaves and pepper, and top with a scoop of ice cream.

Nutrition Facts



Properties

Glycemic Index:71.27, Glycemic Load:13.65, Inflammation Score:-4, Nutrition Score:7.1343477808911%

Flavonoids

Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg, Cyanidin: 4.94mg Petunidin: 20.59mg, Petunidin: 20.59mg, Petunidin: 20.59mg, Petunidin: 20.59mg Delphinidin: 24.48mg, Delphinidin: 24.48mg, Delphinidin: 24.48mg, Delphinidin: 24.48mg Malvidin: 56.3mg, Malvidin: 56.3mg, Malvidin: 56.3mg, Malvidin: 56.3mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg, Peonidin: 0.53mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg, Quercetin: 5.28mg

Nutrients (% of daily need)

Calories: 344.41kcal (17.22%), Fat: 22.03g (33.89%), Saturated Fat: 6.48g (40.48%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 32.55g (11.84%), Sugar: 29.99g (33.33%), Cholesterol: 29.04mg (9.68%), Sodium: 54.42mg (2.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.72%), Vitamin K: 29.47µg (28.07%), Vitamin E: 2.77mg (18.47%), Fiber: 3.63g (14.51%), Vitamin B2: 0.2mg (12.01%), Calcium: 96.47mg (9.65%), Manganese: 0.19mg (9.58%), Vitamin C: 6.95mg (8.42%), Phosphorus: 83.27mg (8.33%), Vitamin A: 366.4IU (7.33%), Potassium: 207.69mg (5.93%), Vitamin B5: 0.54mg (5.4%), Vitamin B6: 0.1mg (5.16%), Vitamin B1: 0.07mg (4.56%), Vitamin B12: 0.26µg (4.29%), Magnesium: 16.12mg (4.03%), Zinc: 0.55mg (3.64%), Vitamin B3: 0.69mg (3.47%), Folate: 13.31µg (3.33%), Copper: 0.06mg (2.96%), Iron: 0.39mg (2.14%), Selenium: 1.35µg (1.93%)