



## Mom's Gazpacho

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



149 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 cups beef broth
- 0.5 cup breadcrumbs plain
- 1 cup cucumber seeds removed chopped
- 1 eggs
- 2 cloves garlic finely chopped
- 0.5 juice of lemon
- 0.7 cup olive oil
- 1 teaspoon oregano dried

- 0.3 cup parsley finely minced
- 8 servings pepper
- 2 cups plum tomatoes fresh chopped
- 0.5 cup onion red finely chopped
- 0.3 cup red wine vinegar
- 8 servings salt
- 8 servings all the tabasco sauce you handle to taste
- 46 ounce canned tomatoes canned
- 2 tablespoons worcestershire sauce
- 0.5 cup bell pepper green yellow chopped

## Equipment

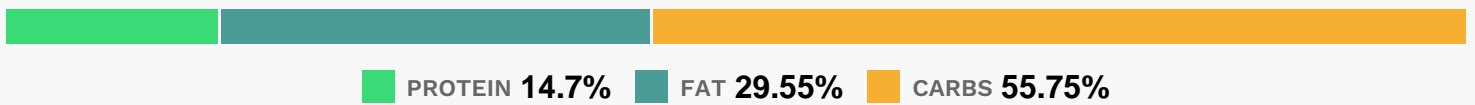
- bowl
- pot

## Directions

- Place egg in small pot of cold water, bring to boil, and let simmer for 10 minutes.
- In a pot or large bowl, combine tomatoes, pepper, cucumber, red onion, olive oil, lemon juice, cold beef broth (optional), red wine vinegar, parsley, oregano, Worcestershire, and coarsely ground black pepper to taste. Stir.
- Sprinkle garlic with a pinch of salt, and set in bowl.
- When egg is finished cooking, run under cold water, remove shell, add to garlic and salt mixture, and mash together with fork.
- Pour tomato juice into large pot or bowl with vegetables, and add garlic, egg, and salt mixture.
- Add bread crumbs and stir so that they dissolve into liquid.
- Taste for seasoning and add salt, pepper, and Tabasco to taste. Chill for at least 4 hours and serve.
- Garnish with chopped parsley, minced red onion, and chopped olives if desired.
- My recipe serves eight, and it's not worth the trouble to prepare this soup for one. But like homemade tomato sauce, its flavor improves with age—you can store it in the refrigerator

and eat it for about a week.· Why mash the garlic with egg and salt? To make a garlic-infused paste that adds body and substance to the tomato broth.· Use kosher salt to bring out the flavors of the vegetables.· Try to chop the vegetables so that they're small but not minced or pulverized, and don't worry if the sizes aren't uniform. The pieces should be small enough to chew but big enough to recognize.· If you prefer a more elegant presentation, emulsify the chilled mixture before serving. Seasoning is a very personal matter. I tend to like my gazpacho pungent and sharp, with salt, lemon, and onion flavors lingering on the palate. If you prefer milder soup, reduce the onion, garlic, and vinegar quantities by half. If you want a spicier soup, add 2 teaspoons of minced jalepeño peppers. To make vegetarian gazpacho, substitute vegetable broth for beef broth.

## Nutrition Facts



### Properties

Glycemic Index:28.38, Glycemic Load:4.32, Inflammation Score:-8, Nutrition Score:16.091304328131%

### Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

### Nutrients (% of daily need)

Calories: 149.04kcal (7.45%), Fat: 5.28g (8.12%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 17.63g (6.41%), Sugar: 10.55g (11.72%), Cholesterol: 20.46mg (6.82%), Sodium: 753.19mg (32.75%), Alcohol: 0g (100%), Protein: 5.91g (11.81%), Vitamin K: 50.39µg (47.99%), Vitamin C: 35.98mg (43.62%), Manganese: 0.52mg (25.83%), Potassium: 781.46mg (22.33%), Vitamin A: 1085.94IU (21.72%), Vitamin E: 3.05mg (20.32%), Copper: 0.39mg (19.7%), Fiber: 4.77g (19.08%), Iron: 3.41mg (18.92%), Vitamin B6: 0.37mg (18.58%), Vitamin B3: 3.4mg (17%), Vitamin B1: 0.23mg (15.67%), Magnesium: 50.74mg (12.69%), Folate: 50.43µg (12.61%), Phosphorus: 110.51mg (11.05%), Vitamin B2: 0.18mg (10.61%), Calcium: 99.58mg (9.96%), Vitamin B5: 0.72mg (7.19%), Selenium: 5µg (7.15%), Zinc: 0.82mg (5.44%), Vitamin B12: 0.11µg (1.91%)