



Moroccan Red Gazpacho

 Dairy Free

READY IN



141 min.

SERVINGS



8

CALORIES



129 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounces cucumber peeled seeded coarsely chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 pieces wholewheat pita breads (6 1/)
- ☐ 1 pound plum tomatoes ripe coarsely chopped
- ☐ 2 teaspoons ras el hanout spice mix

- ☐ 1 large bell pepper red seeded coarsely chopped
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sherry vinegar
- ☐ 2 cups tomato purée (such as Pomi strained tomatoes)
- ☐ 0.5 cup water boiling
- ☐ 1 cup water cold
- ☐ 0.3 small onion yellow chopped

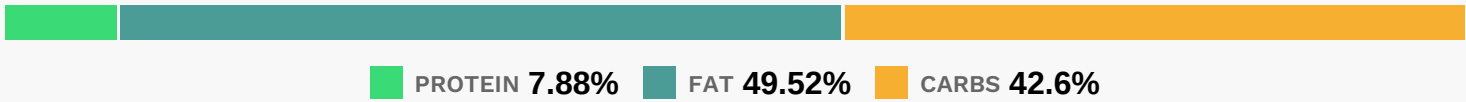
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle

Directions

- ☐ Place pita in a bowl; cover with 1/2 cup boiling water.
- ☐ Let stand for 1 minute.
- ☐ Drain; reserve pita.
- ☐ Combine moistened pita, 1 tablespoon oil, and next 5 ingredients (through onion) in food processor; pulse until almost smooth.
- ☐ Scrape into a bowl; stir in tomato puree and next 5 ingredients (through cinnamon). Cover and chill 2 hours. Ladle about 1 cup soup into each of 8 bowls; top each with about 1 teaspoon oil and 3/4 teaspoon cilantro.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:4.59, Inflammation Score:-8, Nutrition Score:10.838260819083%

Flavonoids

Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg, Quercetin: 3.57mg

Nutrients (% of daily need)

Calories: 128.52kcal (6.43%), Fat: 7.49g (11.53%), Saturated Fat: 1.04g (6.49%), Carbohydrates: 14.5g (4.83%), Net Carbohydrates: 11.5g (4.18%), Sugar: 6.03g (6.69%), Cholesterol: 0mg (0%), Sodium: 281.23mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.37%), Vitamin C: 42.09mg (51.02%), Vitamin A: 1485.69IU (29.71%), Vitamin E: 3.04mg (20.25%), Vitamin K: 17.42µg (16.59%), Potassium: 526.23mg (15.04%), Manganese: 0.3mg (14.91%), Copper: 0.27mg (13.5%), Fiber: 3.01g (12.03%), Vitamin B6: 0.21mg (10.65%), Iron: 1.9mg (10.58%), Vitamin B3: 1.69mg (8.46%), Folate: 32.47µg (8.12%), Magnesium: 31.67mg (7.92%), Phosphorus: 60.27mg (6.03%), Vitamin B2: 0.1mg (5.78%), Vitamin B1: 0.08mg (5.24%), Vitamin B5: 0.51mg (5.08%), Calcium: 40.99mg (4.1%), Zinc: 0.52mg (3.48%)