




 3%
HEALTH SCORE

Organic Peach, Cucumber & Golden Tomato Gazpacho


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



10

CALORIES



90 kcal

[SOUP](#) [ANTIPASTI](#) [STARTER](#) [SNACK](#)

Ingredients

- 2 cups peaches organic pitted chopped
- 2 cups tomatoes organic ripe chopped
- 1 cup cucumber english organic chopped
- 1 medium shallots chopped
- 4 tablespoons olive oil extra virgin
- 4 cups champagne vinegar
- 1 handful basil organic

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- 1 teaspoon sea salt
- 1 teaspoon pepper black
- 1 cup water filtered

Equipment

- food processor
- bowl
- plastic wrap

Directions

- In a food processor, place all ingredients except the water and pulse until mixture is coarsely chopped.
- Add water and pulse a couple times again until the gazpacho is blended but still a little chunky.
- Place in a glass bowl and cover with plastic wrap.
- Let refrigerate for 20–25 minutes, or until well chilled.
- Serve immediately in small glasses or bowls.
- Garnish with diced peach and a cucumber round, if desired.

Nutrition Facts



PROTEIN 3.88% **FAT 67.63%** **CARBS 28.49%**

Properties

Glycemic Index:28.03, Glycemic Load:1.5, Inflammation Score:-4, Nutrition Score:3.3317391304348%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 89.92kcal (4.5%), Fat: 5.77g (8.87%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.74g (4.16%), Cholesterol: 0mg (0%), Sodium: 247.55mg (10.76%), Protein: 0.74g (1.49%), Vitamin K: 10.36µg (9.87%), Vitamin E: 1.2mg (8.01%), Vitamin C: 6.39mg (7.74%), Vitamin A: 381.86IU (7.64%), Manganese: 0.14mg (7.15%), Potassium: 173.07mg (4.94%), Iron: 0.74mg (4.11%), Fiber: 1.01g (4.03%), Copper: 0.07mg (3.29%), Magnesium: 12.28mg (3.07%), Phosphorus: 26.11mg (2.61%), Vitamin B6: 0.05mg (2.28%), Vitamin B3: 0.45mg (2.23%), Folate: 8.2µg (2.05%), Vitamin B1: 0.02mg (1.54%), Calcium: 15.04mg (1.5%), Zinc: 0.19mg (1.26%), Vitamin B2: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.11%), Selenium: 0.72µg (1.03%)