



Peach-and-Tomato Gazpacho with Cucumber Yogurt

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



20

CALORIES



157 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 20 servings garnishes: chive pieces fresh
- ☐ 0.8 cup cucumber diced english finely
- ☐ 20 servings olive oil extra virgin
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1 garlic clove minced
- ☐ 20 servings kosher salt and pepper white freshly ground to taste

- ☐ 5 large peaches divided peeled
- ☐ 0.3 cup greek yogurt plain
- ☐ 3 large tomatoes divided cored

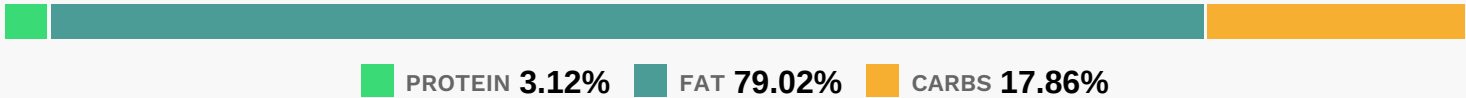
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle

Directions

- ☐ Quarter 4 peaches and 2 tomatoes. Process quartered peaches and tomatoes and next 2 ingredients in a food processor until smooth.
- ☐ Chop remaining peach and tomato. Stir into pureed mixture. Season with kosher salt and freshly ground white pepper to taste. Cover and chill 1 hour.
- ☐ Meanwhile, combine cucumber and next 3 ingredients in a medium bowl. Season with kosher salt and freshly ground white pepper to taste. Cover and chill 1 to 24 hours. (Chilling can dull the seasoning, so you may need to add more salt and pepper before serving.)
- ☐ Ladle gazpacho into bowls. Spoon cucumber mixture over gazpacho.
- ☐ Drizzle each serving with about 1 tsp. extra virgin olive oil.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.91, Glycemic Load:1.83, Inflammation Score:-4, Nutrition Score:4.1547826113908%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg, Catechin: 2.15mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg, Epicatechin: 1.02mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg

Epigallocatechin 3–gallate: 0.13mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg,
Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg,
Isorhamnetin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg
Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.51mg, Quercetin:
0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 156.67kcal (7.83%), Fat: 14.24g (21.91%), Saturated Fat: 1.97g (12.3%), Carbohydrates: 7.24g (2.41%), Net
Carbohydrates: 5.68g (2.07%), Sugar: 4.6g (5.11%), Cholesterol: 0.17mg (0.06%), Sodium: 8.89mg (0.39%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Vitamin E: 2.49mg (16.58%), Vitamin K: 15.31µg (14.58%),
Vitamin A: 430.86IU (8.62%), Vitamin C: 6.87mg (8.32%), Manganese: 0.16mg (8.01%), Fiber: 1.56g (6.25%),
Potassium: 136.2mg (3.89%), Copper: 0.07mg (3.66%), Iron: 0.63mg (3.49%), Vitamin B3: 0.54mg (2.7%),
Phosphorus: 26.33mg (2.63%), Magnesium: 9.87mg (2.47%), Folate: 8.8µg (2.2%), Vitamin B6: 0.04mg (2.11%),
Vitamin B2: 0.03mg (1.98%), Selenium: 1.36µg (1.94%), Vitamin B1: 0.02mg (1.61%), Calcium: 15.87mg (1.59%), Zinc:
0.2mg (1.37%), Vitamin B5: 0.12mg (1.17%)