



Pineapple Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup cucumber diced peeled seeded finely
- ☐ 1 medium cucumber peeled seeded quartered
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup bell pepper diced green finely
- ☐ 0.3 cup onion chopped
- ☐ 0.1 teaspoon pepper
- ☐ 0.5 teaspoon habanero pepper sauce

- ☐ 1.5 pound pineapple cored peeled cut into chunks
- ☐ 0.3 cup pineapple juice
- ☐ 0.3 cup bell pepper diced red finely
- ☐ 2 teaspoons rice vinegar
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup bell pepper yellow coarsely chopped

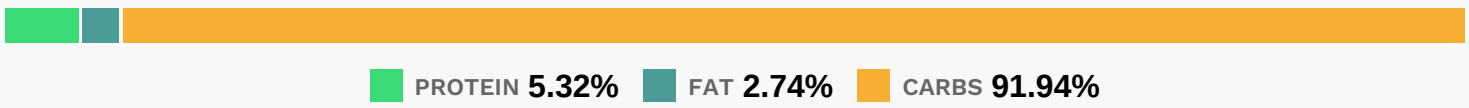
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Place first 9 ingredients in a blender or food processor; process until minced.
- ☐ Pour into a bowl; stir in sugar. Cover and chill.
- ☐ Spoon soup into bowls.
- ☐ Combine diced cucumber and remaining ingredients, tossing gently. Top each serving with 3 tablespoons cucumber mixture.
- ☐ Note: Substitute any hot sauce for habanero pepper sauce

Nutrition Facts



Properties

Glycemic Index:90.67, Glycemic Load:13.05, Inflammation Score:-7, Nutrition Score:14.591739182887%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 125.69kcal (6.28%), Fat: 0.42g (0.64%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 31.63g (10.54%), Net Carbohydrates: 28.06g (10.2%), Sugar: 23.03g (25.58%), Cholesterol: 0mg (0%), Sodium: 78.68mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Vitamin C: 140.13mg (169.86%), Manganese: 1.77mg (88.36%), Vitamin B6: 0.33mg (16.62%), Fiber: 3.57g (14.26%), Copper: 0.28mg (13.8%), Folate: 54.23µg (13.56%), Vitamin B1: 0.18mg (12.16%), Vitamin A: 578.73IU (11.57%), Potassium: 386.34mg (11.04%), Vitamin K: 9.93µg (9.45%), Magnesium: 35.3mg (8.82%), Vitamin B3: 1.24mg (6.19%), Vitamin B5: 0.61mg (6.05%), Vitamin B2: 0.09mg (5.43%), Iron: 0.9mg (4.99%), Calcium: 41.88mg (4.19%), Phosphorus: 39.8mg (3.98%), Zinc: 0.41mg (2.75%), Vitamin E: 0.27mg (1.79%)