




 **73%**
HEALTH SCORE

Quick and Fresh Gazpacho


 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN




15 min.

SERVINGS



2

CALORIES



192 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 0.5 large cucumber peeled chopped
- 4 green onions chopped
- 2 tablespoons olive oil
- 6 plum tomatoes chopped
- 1 bell pepper red seeded chopped
- 2 servings salt and pepper to taste
- 2 tablespoons vinegar
- 0.5 cup water

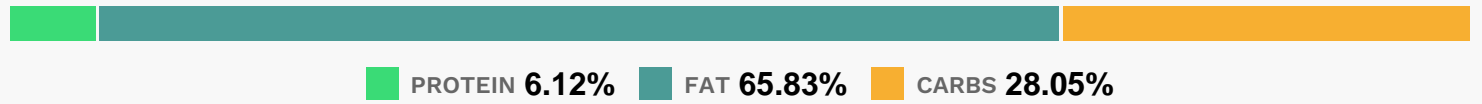
Equipment

blender

Directions

- Combine the tomatoes, green onions, cucumber, bell pepper, and water in a blender; blend until smooth.
- Add the vinegar and olive oil; blend again until well integrated. Season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:83.5, Glycemic Load:3.17, Inflammation Score:-10, Nutrition Score:19.683043780534%

Flavonoids

Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 191.67kcal (9.58%), Fat: 14.71g (22.63%), Saturated Fat: 2.04g (12.72%), Carbohydrates: 14.1g (4.7%), Net Carbohydrates: 9.51g (3.46%), Sugar: 8.92g (9.91%), Cholesterol: 0mg (0%), Sodium: 214.27mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin C: 108.39mg (131.39%), Vitamin K: 80.76µg (76.91%), Vitamin A: 3702IU (74.04%), Vitamin E: 4.11mg (27.42%), Potassium: 728.3mg (20.81%), Folate: 80.43µg (20.11%), Manganese: 0.38mg (18.87%), Vitamin B6: 0.37mg (18.61%), Fiber: 4.6g (18.38%), Magnesium: 41.56mg (10.39%), Copper: 0.2mg (10%), Vitamin B3: 1.84mg (9.2%), Vitamin B1: 0.14mg (9.06%), Phosphorus: 84.33mg (8.43%), Iron: 1.35mg (7.51%), Vitamin B2: 0.12mg (7.21%), Vitamin B5: 0.54mg (5.4%), Calcium: 52.84mg (5.28%), Zinc: 0.69mg (4.57%)