



Quick Gazpacho



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



94 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 10.8 ounce campbell's® condensed tomato soup canned
- ☐ 1 medium cucumber seeded chopped
- ☐ 0.1 teaspoon garlic powder
- ☐ 1 small bell pepper green chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon onion powder
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 cup water

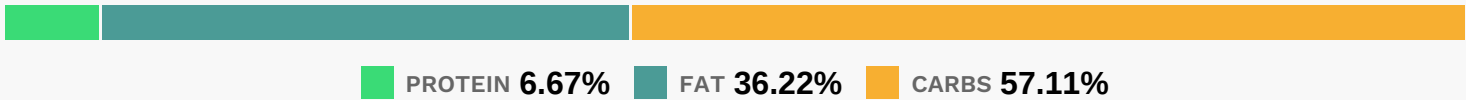
Equipment

☐ bowl

Directions

☐ Stir the soup, water, vinegar, oil, onion, garlic, cucumber and pepper in a medium bowl. Cover and refrigerate for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:4.09, Inflammation Score:-4, Nutrition Score:5.7052174858425%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 94.4kcal (4.72%), Fat: 3.95g (6.08%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 12.44g (4.52%), Sugar: 7.44g (8.27%), Cholesterol: 0mg (0%), Sodium: 292.84mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin C: 26.47mg (32.08%), Potassium: 537.9mg (15.37%), Vitamin K: 9.55µg (9.1%), Manganese: 0.18mg (8.76%), Vitamin A: 403.29IU (8.07%), Vitamin B6: 0.14mg (6.89%), Fiber: 1.59g (6.36%), Vitamin E: 0.85mg (5.66%), Magnesium: 20.08mg (5.02%), Copper: 0.1mg (4.98%), Phosphorus: 40.47mg (4.05%), Vitamin B1: 0.06mg (4.05%), Iron: 0.7mg (3.9%), Vitamin B3: 0.76mg (3.82%), Selenium: 2.43µg (3.47%), Folate: 9.25µg (2.31%), Calcium: 23.04mg (2.3%), Zinc: 0.28mg (1.85%), Vitamin B2: 0.03mg (1.75%), Vitamin B5: 0.14mg (1.43%)