



Quick gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



1

CALORIES



153 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 250 g passata
- ☐ 1 bell pepper red deseeded chopped
- ☐ 1 chilli red deseeded chopped
- ☐ 1 garlic clove crushed
- ☐ 1 tsp sherry vinegar
- ☐ 0.5 juice of lime

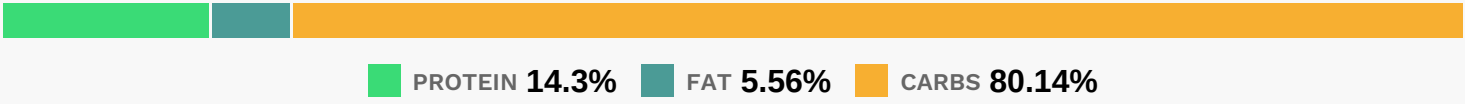
Equipment

- ☐ blender

Directions

In a blender (or with a stick blender), whizz together the passata, red pepper, chilli, garlic, sherry vinegar and lime juice until smooth. Season to taste, then serve with ice cubes.

Nutrition Facts



Properties

Glycemic Index:107, Glycemic Load:3.26, Inflammation Score:-10, Nutrition Score:28.271304296411%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg, Quercetin: 10.7mg

Nutrients (% of daily need)

Calories: 153.11kcal (7.66%), Fat: 1.11g (1.7%), Saturated Fat: 0.17g (1.03%), Carbohydrates: 35.86g (11.95%), Net Carbohydrates: 27.81g (10.11%), Sugar: 19.74g (21.94%), Cholesterol: 0mg (0%), Sodium: 80.02mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Vitamin C: 248.95mg (301.75%), Vitamin A: 5437.06IU (108.74%), Vitamin E: 7.15mg (47.67%), Vitamin B6: 0.93mg (46.59%), Potassium: 1525.02mg (43.57%), Copper: 0.81mg (40.47%), Manganese: 0.7mg (34.75%), Fiber: 8.05g (32.19%), Iron: 5.51mg (30.62%), Vitamin B3: 5.43mg (27.16%), Folate: 94.18µg (23.55%), Magnesium: 84.28mg (21.07%), Vitamin B2: 0.35mg (20.32%), Vitamin K: 20.77µg (19.78%), Vitamin B5: 1.6mg (16.04%), Phosphorus: 157.38mg (15.74%), Vitamin B1: 0.17mg (11.26%), Zinc: 1.36mg (9.09%), Calcium: 67.46mg (6.75%), Selenium: 2.54µg (3.62%)