



## Ragu Gazpacho

 **Gluten Free**  **Dairy Free**

READY IN



**25 min.**

SERVINGS



**6**

CALORIES



**75 kcal**

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 medium and/or bell peppers green red finely chopped
- 2 teaspoons chicken flavor bouillon knorr®
- 1 medium cucumber peeled seeded finely chopped
- 1 tablespoon cilantro leaves fresh chopped
- 2 tablespoon olive oil
- 1 small onion rinsed drained finely chopped
- 1.5 cups pasta sauce traditional ragu® old world style®
- 0.5 teaspoon pepper sauce hot to taste

0.3 cup red wine vinegar

1 cup water

## Equipment

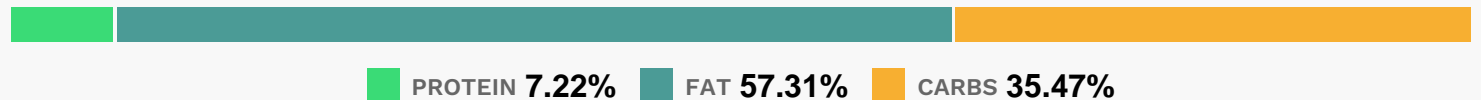
bowl

blender

## Directions

Combine all ingredients in large nonaluminum bowl. Season, if desired, with salt and ground black pepper. Process 1 cup soup in blender until smooth, then stir into soup. Cover and refrigerate at least 1 hour. Preparation time: 25 Minute(s) Cook time: 0 Minute(s)

## Nutrition Facts



## Properties

Glycemic Index:21.5, Glycemic Load:1.48, Inflammation Score:-5, Nutrition Score:6.69913043924%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg, Luteolin: 1.88mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg, Quercetin: 3.28mg

## Nutrients (% of daily need)

Calories: 74.58kcal (3.73%), Fat: 4.99g (7.67%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 4.92g (1.79%), Sugar: 4.1g (4.55%), Cholesterol: 0mg (0%), Sodium: 310.94mg (13.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.41g (2.83%), Vitamin C: 38.43mg (46.58%), Vitamin E: 1.72mg (11.44%), Vitamin K: 10.13µg (9.65%), Potassium: 318.78mg (9.11%), Vitamin B6: 0.18mg (9.03%), Vitamin A: 441.37IU (8.83%), Fiber: 2.03g (8.12%), Manganese: 0.16mg (7.93%), Copper: 0.13mg (6.63%), Iron: 0.9mg (4.97%), Magnesium: 19.2mg (4.8%), Vitamin B3: 0.83mg (4.13%), Folate: 16.46µg (4.12%), Vitamin B2: 0.06mg (3.7%), Phosphorus: 35.8mg (3.58%), Vitamin B1: 0.05mg (3.55%), Vitamin B5: 0.32mg (3.24%), Calcium: 21.91mg (2.19%), Zinc: 0.27mg (1.81%)