



Refreshing Gazpacho

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



44 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cucumbers peeled seeded
- 2 cloves garlic
- 3 cups wedges honeydew melon divided chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 tsp oregano leaves dried
- 10 plum tomatoes
- 2 serrano chiles stemmed

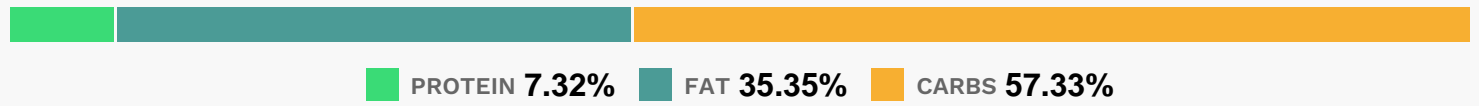
Equipment

- bowl
- blender

Directions

- Reserve 1 cup melon. Blend half the remaining melon with half of each of the remaining ingredients in blender until smooth; pour into large bowl. Repeat with all remaining ingredients except reserved melon.
- Refrigerate 1 hour. Meanwhile, finely chop reserved melon; refrigerate until ready to use.
- Pour gazpacho into 8 serving bowls; top with chopped melon.

Nutrition Facts



Properties

Glycemic Index:5.87, Glycemic Load:0.55, Inflammation Score:-4, Nutrition Score:3.8382608398147%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 44.45kcal (2.22%), Fat: 1.86g (2.86%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 5.64g (2.05%), Sugar: 5.29g (5.87%), Cholesterol: 0mg (0%), Sodium: 86.95mg (3.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.73%), Vitamin C: 13.58mg (16.46%), Vitamin K: 12.37µg (11.78%), Vitamin A: 402.5IU (8.05%), Potassium: 242.02mg (6.91%), Manganese: 0.1mg (5.11%), Vitamin B6: 0.1mg (4.93%), Folate: 18.74µg (4.69%), Fiber: 1.14g (4.55%), Magnesium: 13.74mg (3.43%), Copper: 0.07mg (3.27%), Vitamin E: 0.44mg (2.94%), Vitamin B1: 0.04mg (2.91%), Phosphorus: 24.34mg (2.43%), Vitamin B3: 0.43mg (2.17%), Vitamin B5: 0.19mg (1.91%), Iron: 0.34mg (1.86%), Calcium: 15.52mg (1.55%), Vitamin B2: 0.02mg (1.39%), Zinc: 0.18mg (1.23%)