

Salmorejo

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



163 kcal

SIDE DISH

Ingredients

- ☐ 4 garlic clove smashed
- ☐ 8 servings hardboiled eggs chopped
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 8 servings salt
- ☐ 8 servings serrano ham thinly sliced
- ☐ 1 teaspoon sherry vinegar
- ☐ 0.3 cup slivered almonds toasted
- ☐ 3 pounds tomatoes ripe halved

☐ 3 sandwich bread white toasted chopped

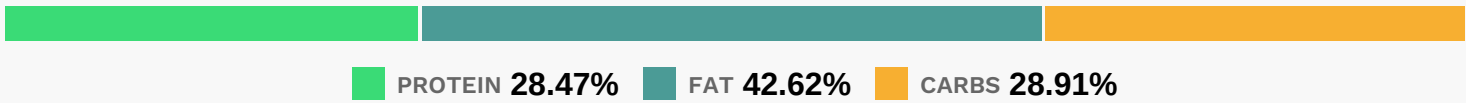
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Squeeze seeds and pulp from 3 pound ripe halved tomatoes into a strainer set over a large bowl. Press solids to release as much liquid as possible; discard solids. Core and chop tomatoes; add to bowl.
- ☐ Combine 3 toasted, chopped 4x4x1/2" slices white sandwich bread, 1/4 cup toasted slivered almonds, and 4 smashed garlic cloves in a blender. Pulse until chopped.
- ☐ Add tomatoes with liquid to blender in batches, puréeing until very smooth.
- ☐ Add 1 teaspoon Sherry vinegar. With blender running, gradually add 1/2 cup extra-virgin olive oil. Purée until emulsified and frothy, about 3 minutes. Season with salt and more vinegar, if desired. Chill until cold, about 2 hours. Season to taste again with salt and vinegar.
- ☐ Divide soup among small bowls or glasses.
- ☐ Garnish with thinly sliced Serrano ham or prosciutto and chopped hard-boiled egg.
- ☐ Drizzle with more oil.

Nutrition Facts



Properties

Glycemic Index:19.1, Glycemic Load:5.2, Inflammation Score:-8, Nutrition Score:9.2234782278538%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.09mg,

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 163.16kcal (8.16%), Fat: 8.17g (12.57%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 12.47g (4.16%), Net Carbohydrates: 9.76g (3.55%), Sugar: 5.15g (5.72%), Cholesterol: 18.74mg (6.25%), Sodium: 798.57mg (34.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.28g (24.56%), Vitamin C: 23.77mg (28.82%), Vitamin A: 1422.37IU (28.45%), Manganese: 0.35mg (17.63%), Vitamin E: 2.2mg (14.69%), Vitamin K: 15.11µg (14.39%), Potassium: 446.42mg (12.75%), Fiber: 2.71g (10.84%), Folate: 37.89µg (9.47%), Vitamin B6: 0.17mg (8.46%), Vitamin B1: 0.12mg (8.07%), Vitamin B3: 1.59mg (7.95%), Magnesium: 30.86mg (7.71%), Copper: 0.15mg (7.58%), Iron: 1.29mg (7.18%), Phosphorus: 71.72mg (7.17%), Vitamin B2: 0.1mg (5.89%), Calcium: 49.27mg (4.93%), Selenium: 2.83µg (4.05%), Zinc: 0.51mg (3.37%), Vitamin B5: 0.24mg (2.4%)