



San Marzano Gazpacho

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



199 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 leaves basil fresh
- 28 ounce canned tomatoes italian canned
- 2 small ribs celery with leafy tops, chopped
- 0.5 cucumber seedless peeled chopped
- 1 handful flat-leaf parsley leaves fresh
- 2 cloves garlic grated
- 1 juice of lemon juiced
- 6 servings kosher salt and pepper black freshly ground

- 6 servings olive oil extra-virgin for drizzling
- 1 bell pepper red
- 1 small onion red chopped
- 1 slice bread white

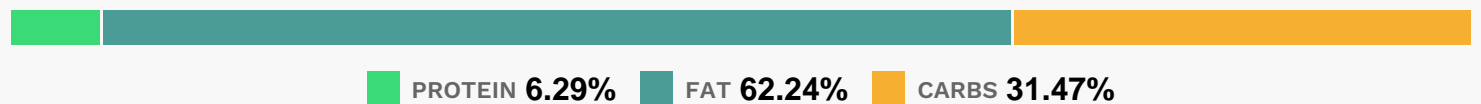
Equipment

- food processor
- bowl
- plastic wrap
- broiler

Directions

- Char the bell pepper over an open flame or under the broiler.
- Place in a bowl and cover with plastic wrap. When cool, peel, seed, roughly chop, and add to the food processor.
- Add the chile peppers, cucumber, bread, onion, garlic, celery, parsley, basil, tomatoes, a drizzle of extra-virgin olive oil, lemon juice, salt, and pepper. Process until fairly smooth.
- Place in small pitcher and chill along with small shot glasses for serving.

Nutrition Facts



Properties

Glycemic Index:61.3, Glycemic Load:4.97, Inflammation Score:-8, Nutrition Score:13.157391268274%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg, Apigenin: 1.83mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 198.59kcal (9.93%), Fat: 14.68g (22.58%), Saturated Fat: 2.06g (12.87%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 12.93g (4.7%), Sugar: 8.39g (9.33%), Cholesterol: 0mg (0%), Sodium: 208.1mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.67%), Vitamin C: 43.21mg (52.37%), Vitamin K: 36.65µg (34.91%), Vitamin E: 4.06mg (27.04%), Vitamin A: 1062.23IU (21.24%), Manganese: 0.38mg (19.01%), Vitamin B6: 0.32mg (15.89%), Potassium: 547.6mg (15.65%), Fiber: 3.76g (15.05%), Copper: 0.28mg (13.99%), Iron: 2.24mg (12.44%), Folate: 43.21µg (10.8%), Vitamin B3: 2.12mg (10.61%), Vitamin B1: 0.15mg (10.2%), Magnesium: 37.73mg (9.43%), Calcium: 72.77mg (7.28%), Vitamin B2: 0.12mg (7.02%), Phosphorus: 69.33mg (6.93%), Vitamin B5: 0.59mg (5.9%), Zinc: 0.57mg (3.78%), Selenium: 2.15µg (3.08%)