



Santa Fe Gazpacho

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups kernel corn whole frozen
- ☐ 0.7 cup cilantro leaves fresh loosely packed coarsely chopped
- ☐ 1 large garlic clove
- ☐ 1 bell pepper green seeded cut lengthwise into 2-inch strips
- ☐ 3 to 4 jalapeño peppers cored seeded quartered
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 pounds plum tomatoes cored seeded quartered 8 medium

- ☐ 1 bell pepper red seeded cut lengthwise into 2-inch strips
- ☐ 1 onion red cut into 6 wedges
- ☐ 2 teaspoons salt
- ☐ 4 tomatillos cored husked seeded quartered
- ☐ 3 cups sacramento tomato juice
- ☐ 6 servings garnish: tortilla strips toasted

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ oven

Directions

- ☐ Preheat oven to 400
- ☐ Spread first 3 ingredients on a baking sheet, and roast on middle oven shelf 20 to 25 minutes or until light brown.
- ☐ Remove from oven, and let cool.
- ☐ Halve tomato quarters crosswise, and pulse in a food processor in 2 batches until coarsely chopped.
- ☐ Transfer to a large nonreactive bowl.
- ☐ Pulse garlic in food processor until finely minced, scraping bowl as needed.
- ☐ Add jalapeño, and pulse until finely chopped.
- ☐ Add tomatillo, and pulse until finely chopped; add mixture to tomato.
- ☐ Chop roasted onion and bell peppers. If bell pepper skins are loose, remove before chopping.
- ☐ Add to tomato mixture. Stir in corn and next 4 ingredients, cover, and chill at least 2 hours.
- ☐ Stir in cilantro, ladle into well-chilled large soup bowls, and garnish, if desired.

Nutrition Facts



 **PROTEIN 12.97%**  **FAT 11.82%**  **CARBS 75.21%**

Properties

Glycemic Index:44.06, Glycemic Load:3.45, Inflammation Score:-9, Nutrition Score:15.775217273961%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 110.71kcal (5.54%), Fat: 1.6g (2.47%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 19.32g (7.02%), Sugar: 10.68g (11.87%), Cholesterol: 0mg (0%), Sodium: 881.63mg (38.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin C: 94.4mg (114.42%), Vitamin A: 2410.35IU (48.21%), Potassium: 804.8mg (22.99%), Vitamin K: 23.54µg (22.42%), Vitamin B6: 0.4mg (20.14%), Manganese: 0.38mg (19.17%), Folate: 75.51µg (18.88%), Fiber: 3.64g (14.56%), Vitamin B3: 2.73mg (13.66%), Vitamin E: 1.78mg (11.9%), Magnesium: 44.27mg (11.07%), Copper: 0.21mg (10.49%), Vitamin B1: 0.15mg (10.22%), Phosphorus: 97.14mg (9.71%), Iron: 1.35mg (7.48%), Vitamin B2: 0.11mg (6.54%), Vitamin B5: 0.59mg (5.86%), Zinc: 0.7mg (4.69%), Calcium: 38.15mg (3.82%), Selenium: 0.72µg (1.02%)