



Shells with Gazpacho Sauce and Avocado

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



589 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 avocado
- 0.3 cup breadcrumbs dried
- 1 cucumber peeled seeded
- 2 tablespoons optional: dill fresh chopped
- 2 cloves garlic smashed
- 0.3 teaspoon ground cumin
- 0.5 teaspoon fresh-ground pepper black
- 1 jalapeno

- 0.3 cup olive oil
- 0.8 pound shells
- 1 pound plum tomatoes seeded (5)
- 0.5 large bell pepper red seeded
- 0.5 cup onion red chopped
- 1.8 teaspoons salt
- 0.3 teaspoon red-wine vinegar

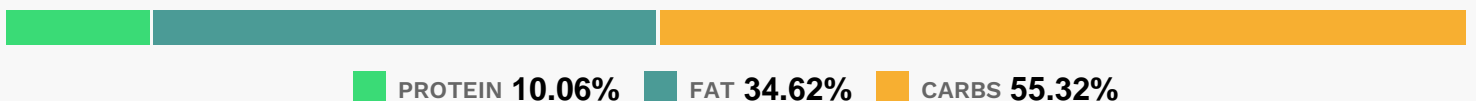
Equipment

- food processor
- pot
- blender

Directions

- In a food processor or blender, combine the onion, garlic, jalapeo pepper, bell pepper, cucumber, tomatoes, salt, pepper, cumin, vinegar, and breadcrumbs. Pulse until chopped. With the machine running, add the oil in a thin stream.
- Add the dill and pulse once to combine. Dice the avocado and add it to the sauce.
- In a large pot of boiling, salted water, cook the pasta until just done, about 10 minutes.
- Drain the pasta and toss with the sauce.
- Add a pinch of cayenne.
- Wine Recommendation: Beer suits this dish better than any wine.
- Serve your own favorite or a cold, light Mexican beer such as Corona.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:28.11, Inflammation Score:-9, Nutrition Score:25.777826065603%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 589.17kcal (29.46%), Fat: 23.02g (35.41%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 82.74g (27.58%), Net Carbohydrates: 73.48g (26.72%), Sugar: 8.91g (9.9%), Cholesterol: 0mg (0%), Sodium: 1085.25mg (47.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.08%), Selenium: 56.1µg (80.14%), Vitamin C: 55.48mg (67.25%), Manganese: 1.22mg (60.79%), Fiber: 9.26g (37.03%), Vitamin A: 1770.48IU (35.41%), Vitamin K: 35.74µg (34.04%), Vitamin E: 4.18mg (27.86%), Folate: 105.32µg (26.33%), Potassium: 912mg (26.06%), Phosphorus: 256.49mg (25.65%), Vitamin B6: 0.51mg (25.28%), Copper: 0.5mg (25.08%), Magnesium: 90.42mg (22.6%), Vitamin B3: 3.76mg (18.8%), Vitamin B1: 0.27mg (17.77%), Vitamin B5: 1.5mg (14.97%), Iron: 2.55mg (14.16%), Zinc: 2.06mg (13.73%), Vitamin B2: 0.21mg (12.48%), Calcium: 70.72mg (7.07%)