



WHATSheATE



Southern Spain-Style Gazpacho



Vegetarian



Vegan



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



49 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 teaspoon balsamic vinegar



1 pinch cayenne pepper



2 day-old crusty bread rolls thick cut into slices



0.5 cucumber peeled sliced



2 cloves garlic chopped



0.8 bell pepper green seeded



0.5 tablespoon kosher salt



0.3 teaspoon olive oil

☐ 6 tomatoes peeled quartered

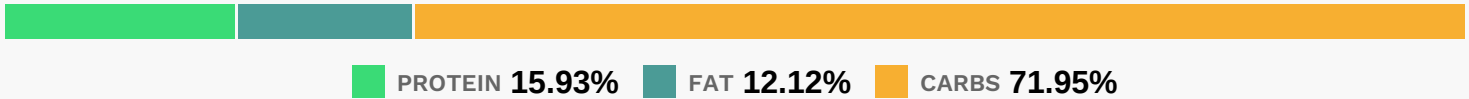
Equipment

- ☐ bowl
- ☐ blender
- ☐ plastic wrap

Directions

- ☐ Blend the green bell pepper, cucumber, garlic, and 1/2 cup olive oil together in a blender until smooth.
- ☐ Add the bread slices to the blender one at a time and blend each into the mixture until smooth. Blend the tomatoes into the mixture one at a time until smooth.
- ☐ Transfer the mixture to a bowl; season with salt and cayenne pepper. Cover with plastic wrap and refrigerate at least 1 hour.
- ☐ Drizzle with balsamic vinegar and 1/4 teaspoon olive oil to serve.

Nutrition Facts



Properties

Glycemic Index:63.88, Glycemic Load:2.43, Inflammation Score:-8, Nutrition Score:9.8234782348508%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 48.61kcal (2.43%), Fat: 0.74g (1.14%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 9.9g (3.3%), Net Carbohydrates: 6.99g (2.54%), Sugar: 6.04g (6.71%), Cholesterol: 0mg (0%), Sodium: 886.12mg (38.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin C: 44.9mg (54.43%), Vitamin A: 1656.98IU (33.14%), Vitamin K: 19.13µg (18.22%), Potassium: 535.3mg (15.29%), Manganese: 0.3mg (14.81%), Vitamin B6: 0.24mg (11.82%), Fiber: 2.91g (11.62%), Folate: 35.84µg (8.96%), Copper: 0.16mg (7.82%), Vitamin E: 1.14mg (7.57%),

Magnesium: 27.7mg (6.92%), Vitamin B1: 0.1mg (6.62%), Vitamin B3: 1.25mg (6.27%), Phosphorus: 59.63mg (5.96%),
Iron: 0.72mg (3.98%), Vitamin B2: 0.05mg (3.22%), Calcium: 29.65mg (2.97%), Zinc: 0.43mg (2.88%), Vitamin B5:
0.29mg (2.87%)