



Speedy Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



135 min.

SERVINGS



8

CALORIES



37 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14.5 ounce frangelico diced canned
- ☐ 12 ounces cucumber english peeled cut into large chunks
- ☐ 12.5 ounce canned tomatoes refrigerated
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 8 ounces bell pepper red halved seeded cut into chunks
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 cup roasted peppers red
- ☐ 2 cups sacramento tomato juice ()

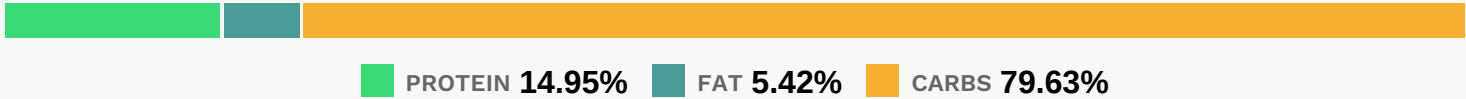
Equipment

☐ bowl

Directions

- ☐ Working in 2 batches and using on/off turns, finely chop cucumber and bell pepper in processor.
- ☐ Add 2 cups tomato juice and remaining ingredients; blend to coarse puree. Season to taste with salt.
- ☐ Transfer to bowl. Cover and chill 2 hours for flavors to develop.
- ☐ Mix in more tomato juice by 1/4 cupfuls if too spicy.

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:8.4034783088643%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 37.08kcal (1.85%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 6.26g (2.28%), Sugar: 4.97g (5.52%), Cholesterol: 0mg (0%), Sodium: 316.61mg (13.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.5g (2.99%), Vitamin C: 57.99mg (70.29%), Vitamin A: 1527.28IU (30.55%), Vitamin B6: 0.2mg (10.21%), Folate: 34.56µg (8.64%), Vitamin K: 8.95µg (8.52%), Potassium: 288.99mg (8.26%), Manganese: 0.14mg (6.97%), Fiber: 1.72g (6.86%), Iron: 0.89mg (4.95%), Copper: 0.1mg (4.87%), Vitamin E: 0.68mg (4.53%), Magnesium: 17.52mg (4.38%), Vitamin B1: 0.06mg (4.14%), Vitamin B3: 0.81mg (4.05%), Vitamin B5: 0.36mg (3.56%), Vitamin B2: 0.06mg (3.55%), Calcium: 35.37mg (3.54%), Phosphorus: 31.52mg (3.15%), Zinc: 0.27mg (1.81%)