



 **73%**
HEALTH SCORE

Spicy Gazpacho

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pieces sandwich bread white (4 slices)
- 1 medium cucumber peeled seeded chopped
- 3 large garlic clove with 3/4 teaspoon salt minced mashed
- 1 medium bell pepper green chopped
- 6 servings water for thinning soup
- 3 tablespoons olive oil
- 1 small onion chopped
- 1 medium bell pepper red chopped

- 3 tablespoons red-wine vinegar to taste
- 6 servings bell pepper diced green for garnish finely
- 2.5 pounds vine ripened tomato chopped

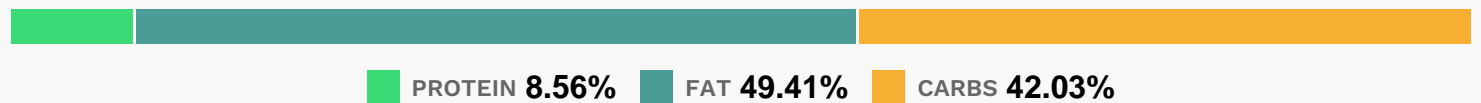
Equipment

- bowl
- sieve
- blender

Directions

- In a blender purée chopped tomatoes, bell peppers, jalapeño, onion, and cucumber, garlic paste, bread, vinegar, oil, and salt and pepper to taste. Force purée through a coarse sieve into a bowl and chill soup at least 6 hours or overnight.
- Thin soup with ice water and serve topped with croutons and finely diced vegetables.

Nutrition Facts



Properties

Glycemic Index:39.46, Glycemic Load:2.93, Inflammation Score:-9, Nutrition Score:15.686086996742%

Flavonoids

Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg, Luteolin: 3.87mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 129.72kcal (6.49%), Fat: 7.65g (11.77%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 10.14g (3.69%), Sugar: 8.69g (9.65%), Cholesterol: 0mg (0%), Sodium: 27.38mg (1.19%), Alcohol: 0g (100%), Protein: 2.98g (5.96%), Vitamin C: 117.5mg (142.43%), Vitamin A: 2513.35IU (50.27%), Vitamin K: 28.47µg (27.12%), Vitamin B6: 0.44mg (21.82%), Manganese: 0.4mg (20.17%), Potassium: 700.4mg (20.01%), Fiber: 4.5g (18.01%), Vitamin E: 2.65mg (17.66%), Folate: 52.54µg (13.14%), Copper: 0.24mg (11.94%), Magnesium: 39.38mg (9.84%), Vitamin B1: 0.15mg (9.7%), Vitamin B3: 1.74mg (8.71%), Phosphorus: 79.88mg (7.99%), Iron: 1.07mg (5.93%),

Vitamin B2: 0.09mg (5.21%), Calcium: 46.28mg (4.63%), Vitamin B5: 0.41mg (4.14%), Zinc: 0.6mg (3.97%)