



Spicy Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



7

CALORIES



36 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium tomatoes chopped
- ☐ 1 small cucumber chopped
- ☐ 1 small onion chopped
- ☐ 0.5 bell pepper green chopped
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon red-wine vinegar
- ☐ 1 dashes hot sauce red
- ☐ 0.3 teaspoon salt

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24 oz vegetable juice hot chilled canned (3 cups)

Equipment

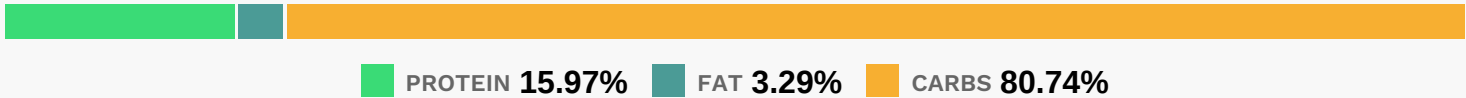
☐

bowl

Directions

- ☐ In large bowl, mix all ingredients.
- ☐ Cover; refrigerate until serving time. Cover and refrigerate any remaining gazpacho.

Nutrition Facts



Properties

Glycemic Index:23.29, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:5.4704347771147%

Flavonoids

Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 36.19kcal (1.81%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 7.34g (2.45%), Net Carbohydrates: 5.65g (2.06%), Sugar: 5.07g (5.63%), Cholesterol: 0mg (0%), Sodium: 254.69mg (11.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin C: 42.04mg (50.95%), Vitamin A: 1140.65IU (22.81%), Potassium: 333.65mg (9.53%), Fiber: 1.68g (6.72%), Vitamin K: 5.08µg (4.84%), Manganese: 0.09mg (4.41%), Vitamin B6: 0.08mg (3.8%), Iron: 0.5mg (2.8%), Folate: 11.2µg (2.8%), Calcium: 26.33mg (2.63%), Copper: 0.05mg (2.39%), Magnesium: 8.62mg (2.15%), Vitamin B1: 0.03mg (2.02%), Phosphorus: 18.6mg (1.86%), Vitamin E: 0.23mg (1.54%), Vitamin B3: 0.27mg (1.36%), Vitamin B5: 0.11mg (1.09%), Vitamin B2: 0.02mg (1.05%)