



Spicy Gazpacho Shots



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



16

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup avocado chopped
- ☐ 2 cloves garlic chopped
- ☐ 1 large bell pepper green cored seeded coarsely chopped
- ☐ 1 jalapeño seeded chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 16 servings salt and pepper

- ☐ 2 Tbsp scallions light white green sliced
- ☐ 2 cups sacramento tomato juice chilled
- ☐ 3 lb tomatoes cored seeded quartered
- ☐ 1.5 oz bread white

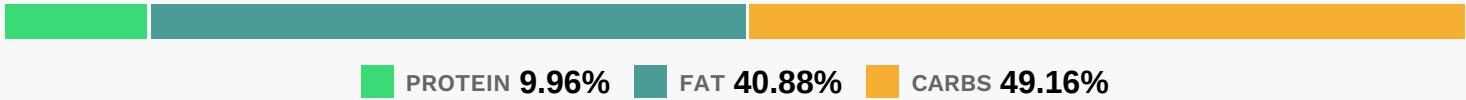
Equipment

- ☐ whisk
- ☐ blender

Directions

- ☐ Combine tomatoes, bell pepper, jalapeo, onion, garlic and bread in a blender.
- ☐ Add 1 cup juice and pulse until chunky.
- ☐ Whisk in vinegar and oil and season with salt and pepper. Thin with additional juice, 2 Tbsp. at a time, until mixture reaches desired consistency. Cover and chill at least 2 hours or overnight.
- ☐ Check seasoning, adjust if desired, and serve cold, topped with scallions and avocado, if using.

Nutrition Facts



Properties

Glycemic Index:19.69, Glycemic Load:2.38, Inflammation Score:-7, Nutrition Score:6.2960870265961%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 56.18kcal (2.81%), Fat: 2.75g (4.23%), Saturated Fat: 0.4g (2.49%), Carbohydrates: 7.43g (2.48%), Net Carbohydrates: 5.62g (2.04%), Sugar: 3.98g (4.42%), Cholesterol: 0mg (0%), Sodium: 215.11mg (9.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.01%), Vitamin C: 27.56mg (33.4%), Vitamin A: 906.97IU (18.14%), Vitamin K: 11.96µg (11.39%), Potassium: 328.55mg (9.39%), Manganese: 0.17mg (8.46%), Vitamin B6: 0.15mg (7.66%), Fiber: 1.82g (7.27%), Folate: 28.16µg (7.04%), Vitamin E: 0.99mg (6.57%), Vitamin B3: 0.99mg (4.95%), Vitamin B1: 0.07mg (4.78%), Copper: 0.09mg (4.6%), Magnesium: 16.77mg (4.19%), Phosphorus: 36.02mg (3.6%), Iron: 0.57mg (3.15%), Vitamin B2: 0.04mg (2.57%), Vitamin B5: 0.25mg (2.52%), Calcium: 21.43mg (2.14%), Zinc: 0.27mg (1.83%), Selenium: 0.81µg (1.16%)