



Stone Fruit Gazpacho with Scallops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon champagne vinegar
- ☐ 1 clove garlic coarsely chopped
- ☐ 1 cup olive oil fruity
- ☐ 1 pound peaches white pitted
- ☐ 4 servings pepper
- ☐ 1 pound plums sour pitted
- ☐ 4 servings salt

- ☐ 4 jumbo scallops
- ☐ 1 shallots coarsely chopped
- ☐ 3 sprigs thyme sprigs fresh with blossoms if possible)
- ☐ 2 cups seeded/seedless watermelon red yellow seedless cubed (or)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ stove

Directions

- ☐ Combine the peaches, plums, watermelon, garlic, shallots, and vinegar in the Vitamix, blender, or food processor. Process on high until smooth and creamy, then reduce the speed and drizzle in the 1 cup olive oil until completely incorporated. Season with salt and pepper and set aside to chill in the refrigerator. Go ahead and chill 4 glass soup bowls while you're at it.
- ☐ Preheat the oven to 325°. When the gazpacho is chilled, heat 2 tablespoons olive oil in an ovenproof skillet over medium-high heat. Season the scallops generously with salt and pepper. Once the olive oil slips easily across the pan, carefully place the scallops in the pan and sear until golden brown. I like the scallops to be just barely cooked, so I only sear one side. After about 2 minutes on the stovetop, put the whole kit and caboodle in the oven, without flipping the scallops; they will need 2–3 minutes in the oven.
- ☐ Fill each chilled soup bowl with a generous portion of gazpacho and nestle one scallop in each bowl, seared side up. A sprinkling of Espelette pepper and the thyme sprigs and blossoms and a drizzle of fruity olive oil is all you need.
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Nutrition Facts



Properties

Glycemic Index:80.65, Glycemic Load:12.75, Inflammation Score:-9, Nutrition Score:9.4813044382178%

Flavonoids

Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg, Cyanidin: 8.56mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 8.86mg, Catechin: 8.86mg, Catechin: 8.86mg, Catechin: 8.86mg Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg, Epigallocatechin 3-gallate: 0.79mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 236kcal (11.8%), Fat: 11.64g (17.91%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 32.22g (10.74%), Net Carbohydrates: 28.25g (10.27%), Sugar: 25.98g (28.86%), Cholesterol: 3.6mg (1.2%), Sodium: 269.59mg (11.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Vitamin C: 23.53mg (28.52%), Vitamin A: 1230.84IU (24.62%), Vitamin E: 2.72mg (18.14%), Vitamin K: 17.63µg (16.79%), Fiber: 3.96g (15.86%), Potassium: 464.97mg (13.28%), Manganese: 0.23mg (11.55%), Phosphorus: 107.86mg (10.79%), Copper: 0.2mg (10.18%), Vitamin B3: 1.66mg (8.31%), Magnesium: 31.11mg (7.78%), Vitamin B6: 0.14mg (7.02%), Selenium: 4.8µg (6.85%), Iron: 1.13mg (6.3%), Vitamin B1: 0.09mg (6.06%), Vitamin B5: 0.56mg (5.55%), Vitamin B2: 0.09mg (5.22%), Folate: 19.67µg (4.92%), Zinc: 0.64mg (4.25%), Vitamin B12: 0.21µg (3.52%), Calcium: 25