



Summer-Garden Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



81 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.8 cups cucumber unpeeled seeded chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic clove minced
- ☐ 2 tablespoons olive oil
- ☐ 1 cup bell pepper red finely chopped
- ☐ 0.5 cup onion red finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 2 cups tomatoes seeded chopped
- ☐ 4 cups sacramento tomato juice organic (such as Campbell's Tomato Juice)
- ☐ 1 cup bell pepper yellow finely chopped

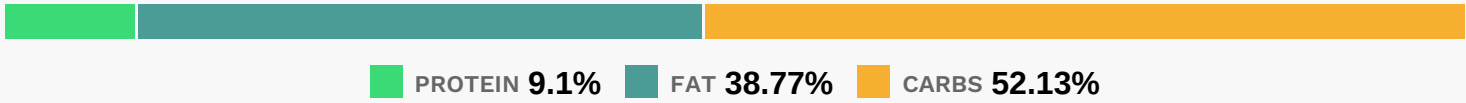
Equipment

- ☐ bowl
- ☐ ladle

Directions

- ☐ Combine all ingredients except basil in a large bowl; cover and refrigerate for at least 30 minutes or up to 24 hours before serving.
- ☐ Ladle the gazpacho into soup bowls; top with basil.

Nutrition Facts



Properties

Glycemic Index:40.67, Glycemic Load:2.78, Inflammation Score:-8, Nutrition Score:11.761304435523%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 80.79kcal (4.04%), Fat: 3.8g (5.85%), Saturated Fat: 0.53g (3.32%), Carbohydrates: 11.49g (3.83%), Net Carbohydrates: 9.57g (3.48%), Sugar: 7.52g (8.36%), Cholesterol: 0mg (0%), Sodium: 162.63mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin C: 87.39mg (105.93%), Vitamin A: 1538.9IU (30.78%), Potassium: 510.89mg (14.6%), Vitamin B6: 0.29mg (14.39%), Vitamin K: 14.22µg (13.54%), Folate: 49.82µg (12.46%), Manganese: 0.25mg (12.35%), Vitamin E: 1.41mg (9.38%), Fiber: 1.92g (7.7%), Copper: 0.15mg (7.58%), Vitamin B3: 1.42mg (7.11%), Magnesium: 27.79mg (6.95%), Vitamin B1: 0.1mg (6.78%), Iron: 0.97mg (5.4%), Vitamin B5: 0.52mg (5.17%), Phosphorus: 51.66mg (5.17%), Vitamin B2: 0.08mg (4.52%), Calcium: 30.04mg (3%), Zinc:

0.41mg (2.73%)