



Summer Gazpacho with Avocado West Indies Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



349 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings avocado
- ☐ 6 servings round buttery crackers whole
- ☐ 1 cucumber diced
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1.5 tablespoons basil fresh chopped
- ☐ 1.5 tablespoons mint leaves fresh chopped
- ☐ 1 medium size heirloom tomatoes red

- ☐ 1 jalapeno minced seeded
- ☐ 0.5 teaspoon kosher salt
- ☐ 1.5 cups orange juice fresh
- ☐ 1 cup peaches diced
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 cup strawberries diced
- ☐ 0.3 cup onion sweet finely chopped
- ☐ 1 cup seeded/seedless watermelon diced seedless

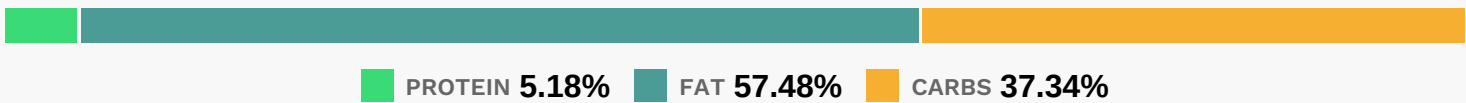
Equipment

- ☐ bowl

Directions

- ☐ Cut tomato in half; gently squeeze to remove seeds. Discard seeds, and chop tomato.
- ☐ Combine tomato and next 12 ingredients in a large pitcher.
- ☐ Serve immediately, or cover and chill up to 24 hours.
- ☐ Meanwhile, prepare Avocado West Indies Salad. Spoon gazpacho into bowls. Top with Avocado West Indies Salad.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:66.99, Glycemic Load:7.16, Inflammation Score:-8, Nutrition Score:18.887825914051%

Flavonoids

Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg, Cyanidin: 1.23mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg

Catechin: 2.01mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg, Hesperetin: 7.54mg Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg, Naringenin: 1.53mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 348.61kcal (17.43%), Fat: 23.54g (36.21%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 34.39g (11.46%), Net Carbohydrates: 25.39g (9.23%), Sugar: 13.84g (15.38%), Cholesterol: 0mg (0%), Sodium: 349.87mg (15.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin C: 66.32mg (80.39%), Vitamin K: 40.95µg (39%), Fiber: 9.01g (36.03%), Folate: 133.69µg (33.42%), Vitamin E: 3.81mg (25.4%), Potassium: 867.05mg (24.77%), Manganese: 0.45mg (22.3%), Vitamin B6: 0.39mg (19.31%), Vitamin B5: 1.85mg (18.51%), Copper: 0.34mg (16.97%), Vitamin B3: 3.32mg (16.61%), Vitamin A: 812.18IU (16.24%), Vitamin B1: 0.24mg (16.18%), Magnesium: 57.4mg (14.35%), Phosphorus: 140.23mg (14.02%), Vitamin B2: 0.23mg (13.71%), Iron: 1.95mg (10.82%), Zinc: 1.04mg (6.94%), Calcium: 65.45mg (6.54%), Selenium: 2.04µg (2.91%)