



Tangy Green Zebra Gazpacho

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



114 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons cilantro leaves
- 1 cucumber diced seedless unpeeled coarsely chopped for garnish finely
- 2 garlic
- 1 haas avocados pitted peeled halved
- 1 jalapeño stemmed seeded
- 2 tablespoons juice of lime freshly squeezed
- 2 tablespoons mint leaves plus more for garnish
- 0.3 cup olive oil extra-virgin plus more for drizzling

- 10 servings salt and pepper freshly ground
- 1 onion sweet coarsely chopped
- 2 pounds zebra tomatoes green cored coarsely chopped for garnish cut into small wedges

Equipment

- bowl
- ladle
- blender

Directions

- In a blender, combine half each of the coarsely chopped green tomatoes, cucumber and onion with the avocado, jalapeo, garlic, lime juice and 1 cup of cold water and puree until smooth.
- Transfer the puree to a large bowl.
- Add the remaining coarsely chopped green tomatoes, cucumber and onion to the blender along with the 2 tablespoons of mint, the cilantro and 1/4 cup of olive oil and pulse to a chunky puree.
- Add the puree to the bowl and stir well. Refrigerate the soup until well chilled, about 1 hour. Season the gazpacho with salt and pepper and ladle it into chilled bowls.
- Garnish the cold soup with the tomato wedges, diced cucumber, mint leaves and a drizzle of olive oil and serve.

Nutrition Facts

 **PROTEIN 5.75%**  **FAT 63.2%**  **CARBS 31.05%**

Properties

Glycemic Index:17.2, Glycemic Load:1.15, Inflammation Score:-7, Nutrition Score:7.5082608876021%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.37mg,

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Nutrients (% of daily need)

Calories: 114.09kcal (5.7%), Fat: 8.62g (13.25%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 6.5g (2.36%), Sugar: 4.8g (5.33%), Cholesterol: 0mg (0%), Sodium: 203.64mg (8.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.53%), Vitamin C: 19.95mg (24.19%), Vitamin K: 20.19µg (19.23%), Vitamin A: 881.39IU (17.63%), Fiber: 3.03g (12.12%), Potassium: 411.57mg (11.76%), Vitamin E: 1.76mg (11.72%), Folate: 41.49µg (10.37%), Manganese: 0.21mg (10.27%), Vitamin B6: 0.2mg (9.76%), Copper: 0.13mg (6.47%), Magnesium: 24.11mg (6.03%), Phosphorus: 50.83mg (5.08%), Vitamin B3: 1.01mg (5.03%), Vitamin B5: 0.49mg (4.86%), Vitamin B1: 0.07mg (4.81%), Vitamin B2: 0.06mg (3.81%), Iron: 0.63mg (3.48%), Zinc: 0.41mg (2.73%), Calcium: 27.24mg (2.72%)