



Tomato and Almond Gazpacho

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup almonds toasted sliced
- ☐ 6 servings country bread french
- ☐ 3 cups cucumber seeds removed but not peeled chopped
- ☐ 1 clove garlic sliced
- ☐ 0.7 cup dannon oikos greek nonfat yogurt plain
- ☐ 6 servings olive oil for toasting
- ☐ 1 cup onion diced red
- ☐ 1 tablespoon salt

- ☐ 3 tablespoons sherry vinegar
- ☐ 3 cups sacramento tomato juice
- ☐ 3 cups vine-ripened tomatoes diced

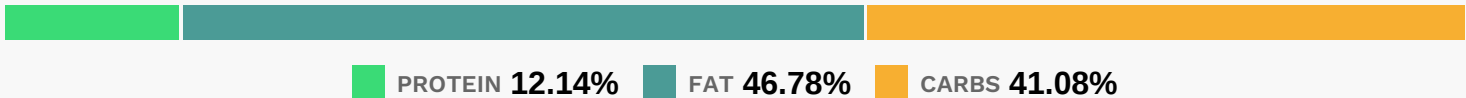
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Place the tomatoes in the bowl of a food processor and pulse until chopped finely but not pureed smooth.
- ☐ Pour out in to a large mixing bowl then repeat with the cucumbers, onion and garlic. Once everything is in the mixing bowl, add the tomato juice and salt along with the vinegar.
- ☐ Whisk in the Dannon Oikos Plain Greek Nonfat Yogurt then refrigerate the soup for at least an hour so the flavors can blend. In the meantime, preheat your oven to 350 degrees.
- ☐ Slice some country bread or baguette about an inch thick and lay it out on a sheet tray.
- ☐ Drizzle it with olive oil then season the bread with salt and freshly ground black pepper and place it in the oven.
- ☐ Bake for 10-12 minutes, until golden brown and toasted but still chewy in the center.
- ☐ Ladle some soup in to a bowl, sprinkle with toasted almonds and eat with some of the toasted bread.

Nutrition Facts



Properties

Glycemic Index:37.18, Glycemic Load:24.23, Inflammation Score:-9, Nutrition Score:22.517826069956%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg, Isorhamnetin: 1.74mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 446.74kcal (22.34%), Fat: 23.83g (36.66%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 47.07g (15.69%), Net Carbohydrates: 41.5g (15.09%), Sugar: 12.73g (14.15%), Cholesterol: 1.11mg (0.37%), Sodium: 1585.65mg (68.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.91g (27.83%), Vitamin E: 6.95mg (46.31%), Manganese: 0.92mg (45.85%), Vitamin C: 36.74mg (44.53%), Vitamin B1: 0.53mg (35.16%), Folate: 126.65µg (31.66%), Vitamin B2: 0.52mg (30.52%), Vitamin A: 1216.84IU (24.34%), Vitamin B3: 4.83mg (24.13%), Magnesium: 93.15mg (23.29%), Potassium: 812.57mg (23.22%), Vitamin K: 23.93µg (22.79%), Phosphorus: 227.59mg (22.76%), Fiber: 5.57g (22.28%), Iron: 3.85mg (21.38%), Copper: 0.42mg (20.9%), Selenium: 14.48µg (20.68%), Vitamin B6: 0.37mg (18.42%), Calcium: 170.37mg (17.04%), Zinc: 1.58mg (10.53%), Vitamin B5: 0.95mg (9.53%), Vitamin B12: 0.16µg (2.59%)