



WHATSheATE



Tomato and Tomatillo Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



6

CALORIES



81 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 cup cilantro leaves chopped



1 garlic clove quartered



2 tablespoons olive oil



2 tablespoons red-wine vinegar



1 serrano chile fresh coarsely chopped



0.5 pound tomatillos fresh husked rinsed quartered



1.5 pounds tomatoes divided chopped



0.5 cup onion white divided chopped

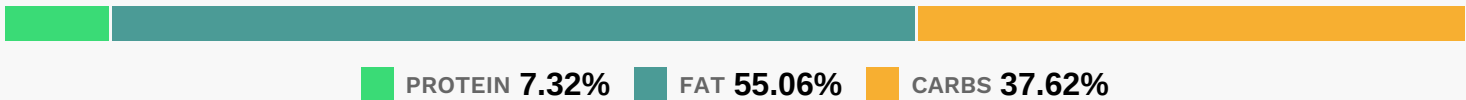
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Pur&eaacute;e tomatillos, half of tomatoes, and half of onion with chile, garlic, vinegar, and 1 1/4 teaspoons salt in a blender until smooth.
- ☐ Force through a medium-mesh sieve into a bowl, discarding solids.
- ☐ Stir in remaining tomatoes and onion, water, oil, and cilantro. Chill until cold, at least 1 hour and up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:21.17, Glycemic Load:1.48, Inflammation Score:-7, Nutrition Score:7.0460870369621%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 81.42kcal (4.07%), Fat: 5.31g (8.16%), Saturated Fat: 0.74g (4.59%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 5.77g (2.1%), Sugar: 5.09g (5.65%), Cholesterol: 0mg (0%), Sodium: 7.87mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.17%), Vitamin C: 21.93mg (26.59%), Vitamin A: 1087.35IU (21.75%), Vitamin K: 19.9µg (18.95%), Potassium: 403.52mg (11.53%), Manganese: 0.22mg (11.13%), Vitamin E: 1.47mg (9.81%), Fiber: 2.39g (9.56%), Vitamin B3: 1.42mg (7.11%), Vitamin B6: 0.14mg (7.06%), Folate: 23.26µg (5.82%), Magnesium: 22.26mg (5.56%), Copper: 0.11mg (5.41%), Phosphorus: 48.03mg (4.8%), Vitamin B1: 0.07mg (4.48%), Iron: 0.66mg (3.65%), Vitamin B2: 0.04mg (2.46%), Zinc: 0.32mg (2.1%), Calcium: 19.31mg (1.93%), Vitamin B5: 0.19mg (1.87%)