



Tomato and Watermelon Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



169 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons champagne vinegar
- ☐ 1 cucumber peeled seeded chopped
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup basil and mint loosely packed for topping
- ☐ 0.3 cup olive oil extra-virgin plus more for drizzling
- ☐ 1 medium shallots sliced
- ☐ 4 medium tomatoes chopped
- ☐ 4 cups watermelon diced seedless

☐ 1 bell pepper yellow chopped

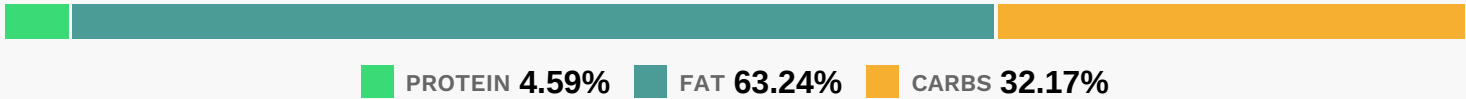
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Place the tomatoes, watermelon, cucumber, bell pepper, shallot, basil and mint in a large bowl. Season with 1 1/2 teaspoons salt, and pepper to taste. Stir in the olive oil and vinegar.
- ☐ Puree the tomato mixture in a blender, in batches if necessary. Strain through a fine-mesh sieve into a bowl, pressing to extract any liquid; discard the solids and season with salt and pepper. Cover and refrigerate until chilled, about 1 hour.
- ☐ To serve, top the soup with the small herb leaves and a drizzle of olive oil.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:26.28, Glycemic Load:6.53, Inflammation Score:-8, Nutrition Score:10.179565204226%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 168.77kcal (8.44%), Fat: 12.47g (19.18%), Saturated Fat: 1.71g (10.72%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 12.02g (4.37%), Sugar: 9.46g (10.51%), Cholesterol: 0mg (0%), Sodium: 202.41mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin C: 58.6mg (71.03%), Vitamin A: 1441.68IU

(28.83%), Vitamin K: 17.44µg (16.61%), Vitamin E: 2.24mg (14.92%), Potassium: 449.11mg (12.83%), Manganese: 0.24mg (11.86%), Vitamin B6: 0.19mg (9.38%), Fiber: 2.25g (9%), Copper: 0.16mg (8.02%), Folate: 31.76µg (7.94%), Magnesium: 30.71mg (7.68%), Vitamin B1: 0.09mg (5.96%), Iron: 0.95mg (5.25%), Phosphorus: 51.01mg (5.1%), Vitamin B5: 0.47mg (4.71%), Vitamin B3: 0.91mg (4.57%), Vitamin B2: 0.06mg (3.64%), Calcium: 32.78mg (3.28%), Zinc: 0.41mg (2.71%)