



Tomato Cucumber Gazpacho

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons anchovy paste
- 2 tablespoons basil fresh finely chopped for garnish
- 6 servings parmesan for garnish (optional;)
- 2.3 cups cucumber english divided chopped (from 1 large)
- 3 small garlic clove peeled
- 2 tablespoons mayonnaise
- 0.3 cup olive oil extra virgin extra-virgin
- 1 cup onion red divided chopped (1 small)

- 2 tablespoons red wine vinegar
- 3 cups vegetable juice
- 5 cups tomatoes coarsely chopped (6 medium)

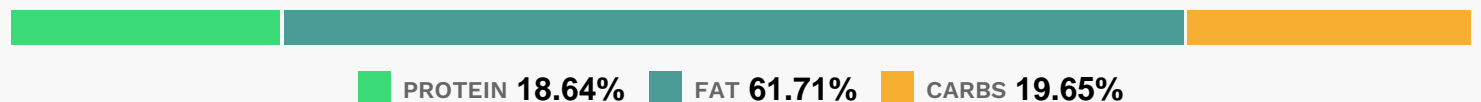
Equipment

- bowl
- blender

Directions

- Working in 2 batches, puree chopped tomatoes, vegetable juice, 1 1/4 cups chopped cucumber, 1/2 cup chopped red onion, extra-virgin olive oil, 2 tablespoons chopped basil, red wine vinegar, mayonnaise, garlic, and anchovy paste in blender until smooth.
- Transfer to bowl. Season gazpacho to taste with salt and pepper. Cover and refrigerate at least 4 hours and up to 1 day.
- Stir remaining 1 cup chopped cucumber and 1/2 cup chopped red onion into gazpacho. Refrigerate 2 hours.
- Divide gazpacho evenly among bowls.
- Garnish with chopped basil and Parmesan croutons, if desired.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:4.07, Inflammation Score:-9, Nutrition Score:16.076956375785%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 300.84kcal (15.04%), Fat: 20.8g (32%), Saturated Fat: 6.81g (42.56%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 11.6g (4.22%), Sugar: 9.35g (10.39%), Cholesterol: 24.06mg (8.02%), Sodium: 802.1mg (34.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.14g (28.28%), Vitamin C: 57.01mg (69.1%), Vitamin A: 2340.02IU (46.8%), Calcium: 409.39mg (40.94%), Vitamin K: 30.08µg (28.64%), Phosphorus: 265.3mg (26.53%), Potassium: 684mg (19.54%), Vitamin E: 2.28mg (15.19%), Fiber: 3.3g (13.21%), Manganese: 0.26mg (12.79%), Selenium: 8.62µg (12.31%), Vitamin B6: 0.21mg (10.41%), Magnesium: 37.94mg (9.48%), Vitamin B2: 0.15mg (9.01%), Folate: 33.77µg (8.44%), Zinc: 1.25mg (8.31%), Iron: 1.33mg (7.4%), Copper: 0.14mg (7.19%), Vitamin B3: 1.28mg (6.41%), Vitamin B12: 0.38µg (6.39%), Vitamin B1: 0.09mg (6.04%), Vitamin B5: 0.44mg (4.35%), Vitamin D: 0.19µg (1.29%)