



Watermelon Gazpacho

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



182 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cucumber minced seeded
- ☐ 0.3 cup feta cheese crumbled
- ☐ 2 tablespoons optional: dill fresh minced plus more for garnish
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoons onion red minced
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.5 serrano chile

- ☐ 1 large tomatoes pureed
- ☐ 2 cups watermelon fresh cubed

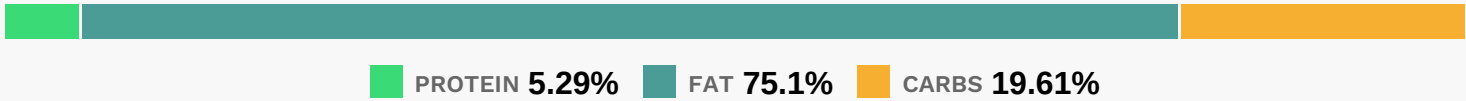
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In a blender, puree the tomatoes, chile, and 1/2 of the watermelon.
- ☐ Pour in the red wine vinegar and olive oil and pulse.
- ☐ Add the onion, cucumber and dill and season with salt and pepper. Puree until smooth.
- ☐ Pour into chilled bowls and sprinkle with dill, feta, and remaining watermelon.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:57.17, Glycemic Load:4.82, Inflammation Score:-6, Nutrition Score:6.436521789302%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 182.49kcal (9.12%), Fat: 15.79g (24.3%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 9.28g (3.09%), Net Carbohydrates: 8.03g (2.92%), Sugar: 6.67g (7.41%), Cholesterol: 8.34mg (2.78%), Sodium: 111.45mg (4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.5g (5%), Vitamin A: 901.13IU (18.02%), Vitamin C: 14.47mg (17.54%), Vitamin E: 2.26mg (15.09%), Vitamin K: 14.94µg (14.23%), Potassium: 262.78mg (7.51%), Vitamin B6: 0.14mg (7%), Vitamin B2: 0.12mg (6.81%), Manganese: 0.13mg (6.72%), Calcium: 63.64mg (6.36%), Phosphorus: 60.89mg (6.09%), Fiber: 1.25g (5.02%), Magnesium: 19.88mg (4.97%), Vitamin B1: 0.07mg (4.73%), Folate: 18.79µg

(4.7%), Copper: 0.09mg (4.65%), Vitamin B5: 0.4mg (3.99%), Zinc: 0.5mg (3.34%), Iron: 0.57mg (3.17%), Vitamin B3: 0.53mg (2.67%), Vitamin B12: 0.16µg (2.64%), Selenium: 1.78µg (2.54%)