



Watermelon Gazpacho



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 3 cups bread such as pain au levain crustless
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.5 cup cucumber (1 medium)
- ☐ 2 medium cucumber peeled coarsely chopped
- ☐ 0.3 cup basil fresh coarsely chopped
- ☐ 3 medium garlic clove coarsely chopped
- ☐ 1.5 teaspoons kosher salt as needed plus more

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 medium onion red coarsely chopped
- ☐ 2 tablespoons sherry vinegar
- ☐ 1.5 pounds tomatoes cored coarsely chopped
- ☐ 0.5 cup water
- ☐ 0.5 cup seeded/seedless watermelon seedless
- ☐ 0.5 teaspoon cumin seeds whole

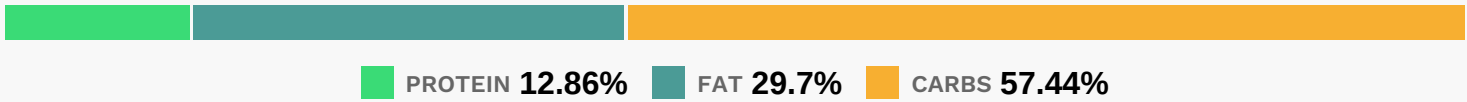
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ Place all of the ingredients in a large bowl and toss to combine.
- ☐ Let stand for 15 minutes.Working in batches, process the mixture in a clean blender until smooth.
- ☐ Combine the cucumber and watermelon in a small bowl.To serve, ladle the soup into bowls, top with the cucumber and watermelon mixture, and drizzle with the basil oil.Beverage pairing: This dish pairs well with a crisp white wine such as a Sauvignon Blanc or a Spanish Albariño.

Nutrition Facts



Properties

Glycemic Index:66.22, Glycemic Load:32.46, Inflammation Score:-8, Nutrition Score:23.238695600758%

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: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg

0.17mg, Myricetin: 0.17mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 443.52kcal (22.18%), Fat: 14.8g (22.76%), Saturated Fat: 2.12g (13.25%), Carbohydrates: 64.37g (21.46%), Net Carbohydrates: 57.5g (20.91%), Sugar: 11.84g (13.16%), Cholesterol: 0mg (0%), Sodium: 1150.62mg (50.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.84%), Manganese: 1.67mg (83.33%), Selenium: 34.46µg (49.22%), Vitamin B1: 0.56mg (37.55%), Vitamin B3: 7.37mg (36.87%), Folate: 130.54µg (32.64%), Vitamin K: 30.21µg (28.77%), Iron: 5.04mg (27.97%), Fiber: 6.87g (27.48%), Vitamin C: 20.35mg (24.67%), Vitamin A: 1148.24IU (22.96%), Vitamin B2: 0.35mg (20.39%), Phosphorus: 203.3mg (20.33%), Magnesium: 74.34mg (18.59%), Calcium: 179.96mg (18%), Potassium: 578.89mg (16.54%), Copper: 0.32mg (15.99%), Vitamin B6: 0.3mg (14.76%), Vitamin E: 2.19mg (14.61%), Vitamin B5: 1.3mg (13.04%), Zinc: 1.62mg (10.78%)