



Watermelon Gazpacho



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup blanched almonds and whole
- ☐ 3 garlic clove coarsely chopped
- ☐ 1.5 cups ice cubes
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons red-wine vinegar
- ☐ 4 lb watermelon cut into large chunks (7 cups)
- ☐ 8 slices sandwich bread white firm

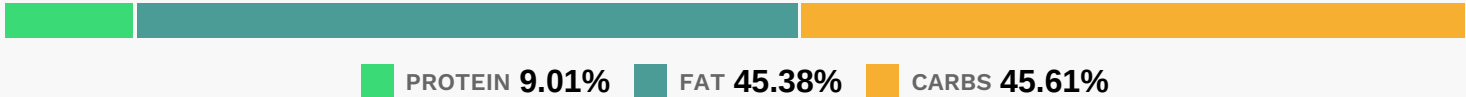
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Seed 1 cup watermelon chunks and cut into small dice. Purée remaining watermelon in a blender (in batches if necessary).
- ☐ Pour purée through a sieve into a bowl, pressing on solids, and discard seeds.
- ☐ Return juice to blender and blend together with ice, almonds, and garlic (in batches if necessary) until smooth.
- ☐ Add bread, vinegar, salt, and pepper to taste and blend, adding oil in a slow stream, until smooth.
- ☐ Top with diced watermelon.

Nutrition Facts



Properties

Glycemic Index:44.86, Glycemic Load:41.96, Inflammation Score:-9, Nutrition Score:22.614782830943%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg, Kaempferol: 2.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 533.48kcal (26.67%), Fat: 28.3g (43.53%), Saturated Fat: 3.27g (20.47%), Carbohydrates: 63.99g (21.33%), Net Carbohydrates: 58.66g (21.33%), Sugar: 31.9g (35.44%), Cholesterol: 0mg (0%), Sodium: 1415.92mg (61.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.64g (25.29%), Vitamin E: 7.85mg (52.33%), Vitamin A: 2583.28IU (51.67%), Manganese: 0.94mg (47.13%), Vitamin C: 37.48mg (45.43%), Magnesium: 123.45mg (30.86%), Vitamin B1: 0.45mg (30.16%), Copper: 0.52mg (25.79%), Vitamin B2: 0.38mg (22.61%), Phosphorus:

223.17mg (22.32%), Fiber: 5.33g (21.33%), Potassium: 733.3mg (20.95%), Selenium: 14.49µg (20.7%), Iron: 3.69mg (20.53%), Folate: 80.66µg (20.16%), Vitamin B3: 4.02mg (20.12%), Calcium: 200.6mg (20.06%), Vitamin B6: 0.31mg (15.25%), Vitamin B5: 1.36mg (13.57%), Zinc: 1.63mg (10.87%), Vitamin K: 8.72µg (8.3%)