



Watermelon Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup cranberry-raspberry juice
- ☐ 1 cup cucumber english peeled coarsely chopped
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 3 tablespoons juice of lime fresh

- ☐ 0.8 teaspoon salt
- ☐ 6 cups watermelon cubed seeded
- ☐ 0.5 cup bell pepper yellow coarsely chopped

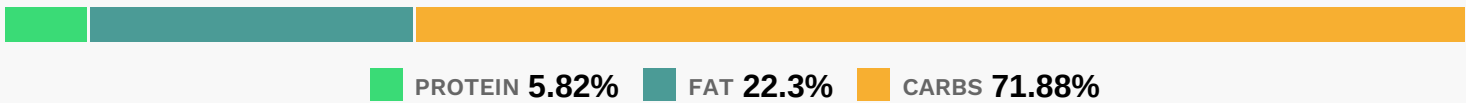
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine first 10 ingredients.
- ☐ Place half of watermelon mixture in a food processor, and pulse 3 or 4 times or until finely chopped. Spoon into a large bowl. Repeat procedure with remaining watermelon mixture. Stir in cranberry-raspberry juice. Chill thoroughly.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:8.33, Inflammation Score:-6, Nutrition Score:5.6091304006784%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg, Hesperetin: 0.7mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 73.32kcal (3.67%), Fat: 2.03g (3.12%), Saturated Fat: 0.28g (1.73%), Carbohydrates: 14.71g (4.9%), Net Carbohydrates: 13.79g (5.01%), Sugar: 11.31g (12.57%), Cholesterol: 0mg (0%), Sodium: 228.3mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin C: 33mg (40%), Vitamin A: 819.61IU (16.39%), Vitamin K: 13.58µg (12.94%), Potassium: 221.56mg (6.33%), Manganese: 0.1mg (5.06%), Vitamin B6: 0.1mg (5.04%), Vitamin E: 0.73mg (4.86%), Magnesium: 19mg (4.75%), Copper: 0.09mg (4.65%), Fiber: 0.93g (3.7%), Vitamin B1: 0.05mg (3.51%), Iron: 0.61mg (3.41%), Vitamin B5: 0.32mg (3.2%), Folate: 12.46µg (3.12%), Vitamin B2: 0.05mg

(2.71%), Phosphorus: 26.31mg (2.63%), Calcium: 22.81mg (2.28%), Vitamin B3: 0.39mg (1.96%), Zinc: 0.23mg (1.56%)