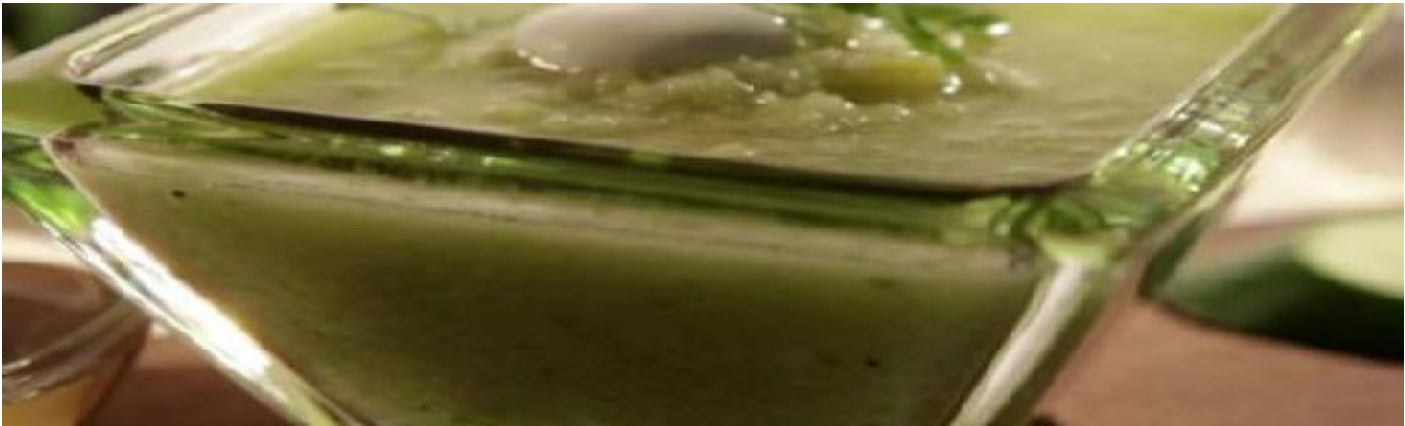


SOUP

White Gazpacho

12 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
70 min	10 min	60 min	4	\$0.30	95 kcal



White Gazpacho takes roughly 1 hour and 10 minutes from beginning to end. One portion of this dish contains approximately 1g of protein, 8g of fat, and a total of 95 calories. This recipe serves 4 and costs 30 cents per serving.

Ingredients

- ☐ 1 teaspoon chopped fresh basil, for serving
- ☐ 1 small clove garlic, roughly chopped
- ☐ ½ cup ice water
- ☐ 2 tablespoons olive oil
- ☐ ¼ cup plain yogurt, for serving
- ☐ 4 servings Salt and freshly ground black pepper
- ☐ 1 scallion, white part only, roughly chopped
- ☐ 1 slice firm white bread
- ☐ 1 tablespoon white wine vinegar
- ☐ ½ yellow pepper, seeded, roughly chopped

EQUIPMENT Bowl, Blender

Method

- 1 Mix the ice water and bread in a blender.
- 2 Let stand for 5 minutes.
- 3 Add the cucumber, yellow pepper, scallion, garlic, oil and vinegar, and blend until chunky.
- 4 Sprinkle with salt and pepper.
- 5 Let the gazpacho chill for at least 1 hour. Divide the gazpacho among bowls and drizzle with the yogurt and basil.

Nutrition per serving

95	1 g	8 g	5 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.4 g · 8% of daily needs
Fibre			0.4 g · 2% of daily needs
Sugar			1.1 g · 1% of daily needs
Sodium			39.7 mg · 2% of daily needs
Cholesterol			2 mg · 1% of daily needs
Vitamin C			28.2 mg · 34% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/white-gazpacho-142255