

White Gazpacho



Vegetarian



Vegan



Dairy Free



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bread stale crustless
- ☐ 2 cups vegetable stock for vegan or vegetarian version (use vegetable stock)
- ☐ 1.5 teaspoons salt
- ☐ 1 cup slivered blanched almonds (must be blanched, the skins are bitter)
- ☐ 2 cups grapes green seedless sliced in half
- ☐ 2 cucumbers peeled seeded chopped
- ☐ 1 garlic cloves chopped (depending on how garlicky you want the result to be)
- ☐ 2 tablespoons cider vinegar

- ☐ 0.3 cup olive oil extra virgin
- ☐ 6 servings chives for garnish

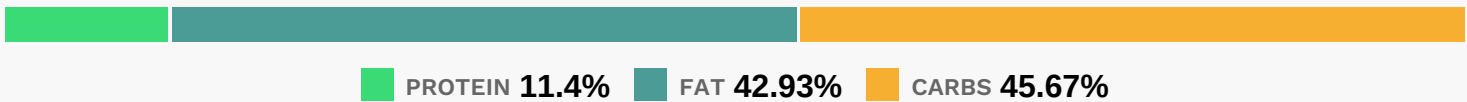
Equipment

- ☐ food processor

Directions

- ☐ Heat the stock until it's steamy. Turn off the heat and add to the stock the broken up pieces of stale bread.
- ☐ Let cool.
- ☐ Grind almonds with salt and garlic:
- ☐ Put the almonds, salt and garlic in a food processor and pulse until the almonds are pulverized.
- ☐ Add bread, stock, grapes, and cucumbers, purée:
- ☐ Add the soaked bread and any stock that was not absorbed by the bread into the food processor, then add the grapes and cucumbers. Pulse until the mixture is a rough purée.
- ☐ Add 2 tablespoons of the vinegar and pulse a few seconds to combine. Taste and add the other tablespoon if it needs it – grapes can sometimes be acidic enough to leave out the final tablespoon of vinegar.
- ☐ Drizzle in olive oil while food processor is running: With the motor running, drizzle in the olive oil. Turn off the motor and taste the gazpacho.
- ☐ Add more salt if needed.
- ☐ Chill before serving, garnish with chopped chives.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:24.83, Inflammation Score:-7, Nutrition Score:19.811304341192%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 454.49kcal (22.72%), Fat: 22.28g (34.27%), Saturated Fat: 2.55g (15.91%), Carbohydrates: 53.32g (17.77%), Net Carbohydrates: 47.19g (17.16%), Sugar: 15.22g (16.91%), Cholesterol: 0mg (0%), Sodium: 1274.85mg (55.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.31g (26.62%), Manganese: 1.39mg (69.75%), Vitamin E: 5.85mg (38.99%), Selenium: 23.52µg (33.6%), Vitamin B1: 0.43mg (28.4%), Vitamin B3: 5.18mg (25.9%), Vitamin K: 25.97µg (24.73%), Fiber: 6.13g (24.5%), Magnesium: 96.86mg (24.21%), Folate: 91.92µg (22.98%), Vitamin B2: 0.39mg (22.86%), Phosphorus: 221.12mg (22.11%), Copper: 0.44mg (22.03%), Iron: 3.93mg (21.85%), Calcium: 162.67mg (16.27%), Potassium: 469.08mg (13.4%), Vitamin B6: 0.21mg (10.51%), Zinc: 1.57mg (10.5%), Vitamin B5: 0.97mg (9.75%), Vitamin C: 5.73mg (6.95%), Vitamin A: 318.48IU (6.37%)