



Yellow Gazpacho

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



120 min.

SERVINGS



6

CALORIES



136 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon hot sauce to taste
- 1 medium onion chopped
- 1 garlic clove chopped
- 2 large bell pepper yellow coarsely chopped
- 0.8 cup olive oil
- 6 servings bell pepper fresh diced yellow chopped
- 1.8 pounds beefsteak tomatoes yellow coarsely chopped
- 1 navel oranges

- 0.8 pound cucumber peeled coarsely chopped
- 0.3 cup sherry vinegar

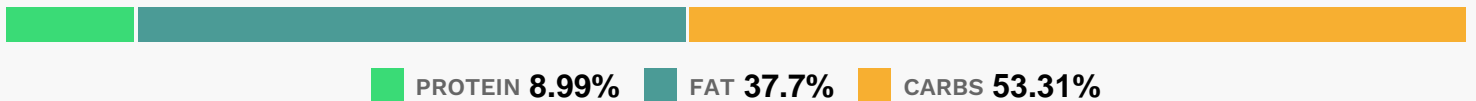
Equipment

- bowl
- knife
- whisk
- sieve
- blender

Directions

- Cut off and discard peel, including white pith, from orange with a sharp knife, then cut orange into 1-inch pieces. Stir together with remaining ingredients and 1 teaspoon salt.
- Working in batches, purée in a blender until smooth, about 30 seconds per batch, then force each batch through a fine-mesh sieve into a bowl.
- Whisk, then season with salt and chill, covered, 1 hour.
- Whisk before serving.
- Gazpacho can be chilled up to 1 day.

Nutrition Facts



Properties

Glycemic Index:23.67, Glycemic Load:2.84, Inflammation Score:-10, Nutrition Score:17.541304502798%

Flavonoids

Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 2.56mg, Naringenin: 2.56mg, Naringenin: 2.56mg, Naringenin: 2.56mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg, Quercetin: 5.36mg

Nutrients (% of daily need)

Calories: 135.89kcal (6.79%), Fat: 6.17g (9.49%), Saturated Fat: 0.87g (5.41%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 14.67g (5.34%), Sugar: 10.16g (11.29%), Cholesterol: 0mg (0%), Sodium: 18.33mg (0.8%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Vitamin C: 244.55mg (296.42%), Vitamin A: 3657.77IU (73.16%), Vitamin B6: 0.5mg (25.13%), Folate: 89.61µg (22.4%), Potassium: 750.97mg (21.46%), Vitamin K: 21.52µg (20.5%), Fiber: 4.94g (19.77%), Manganese: 0.39mg (19.58%), Vitamin E: 2.73mg (18.17%), Vitamin B3: 2.21mg (11.06%), Copper: 0.22mg (10.81%), Magnesium: 42.67mg (10.67%), Vitamin B1: 0.15mg (9.97%), Phosphorus: 90.17mg (9.02%), Vitamin B2: 0.14mg (7.98%), Iron: 1.24mg (6.89%), Vitamin B5: 0.68mg (6.81%), Calcium: 49.02mg (4.9%), Zinc: 0.67mg (4.48%)