



Yellow Tomato Gazpacho



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



60

CALORIES



10 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 medium cucumber peeled seeded chopped
- ☐ 1 garlic clove chopped
- ☐ 0.5 teaspoon hot sauce
- ☐ 0.3 cup juice of lime
- ☐ 1 slices garnish: peach fresh
- ☐ 3 peaches fresh peeled chopped
- ☐ 0.5 teaspoon pepper
- ☐ 2 tablespoons rice wine vinegar

- ☐ 1.5 teaspoons salt
- ☐ 1 small vidalia onion chopped
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 bell pepper yellow seeded chopped
- ☐ 2 pounds tomatoes yellow seeded chopped

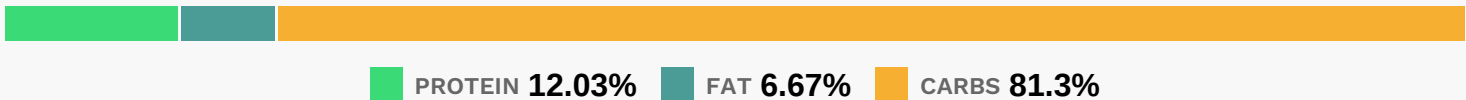
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Process first 6 ingredients in a food processor or blender until smooth, stopping to scrape down sides.
- ☐ Stir together vegetable puree, lime juice, and next 5 ingredients. Cover and chill at least 4 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:3.46, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.1895652115345%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epigallocatechin: 0.1mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 9.89kcal (0.49%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.89g (0.69%), Sugar: 1.21g (1.35%), Cholesterol: 0mg (0%), Sodium: 68.08mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%), Vitamin C: 6.16mg (7.47%), Potassium: 70.55mg (2.02%), Folate: 7.52µg (1.88%), Manganese: 0.04mg (1.84%), Copper: 0.03mg (1.6%), Vitamin B3: 0.29mg (1.45%), Fiber: 0.36g (1.43%), Vitamin B6: 0.02mg (1.21%), Phosphorus: 10.77mg (1.08%)