



Yellow Tomato Gazpacho with Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



51 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cucumber diced peeled seeded
- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon hot sauce
- ☐ 3 tablespoons juice of lemon
- ☐ 1 cup bell pepper diced red
- ☐ 3 tablespoons red wine vinegar
- ☐ 6 servings salt and pepper

- ☐ 0.7 cup sacramento tomato juice
- ☐ 2 teaspoons worcestershire
- ☐ 3 pounds tomatoes yellow cored ripe rinsed cut into chunks 6

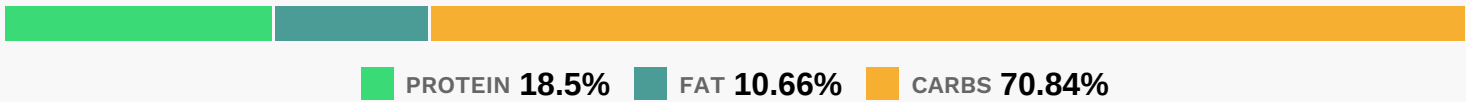
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ In a food processor or blender, coarsely pure tomatoes, a portion at a time.
- ☐ Pour into a large bowl.
- ☐ Stir in tomato juice, vinegar, lemon juice, Worcestershire, hot sauce, bell pepper, cucumber, garlic, and cilantro.
- ☐ Serve soup at room temperature, or nest bowl in ice and stir often until cold, about 15 minutes. Ladle into wide bowls and add shrimp. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:0.7, Inflammation Score:-7, Nutrition Score:11.60260865481%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 51.41kcal (2.57%), Fat: 0.71g (1.1%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 8.36g (3.04%), Sugar: 2.51g (2.79%), Cholesterol: 0mg (0%), Sodium: 294.22mg (12.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.57%), Vitamin C: 61.26mg (74.25%), Folate: 87.67µg (21.92%), Potassium: 739.59mg (21.13%), Vitamin A: 914.25IU (18.29%), Manganese: 0.34mg (16.91%), Vitamin B3: 3.13mg (15.64%), Copper: 0.26mg (13.15%), Vitamin B6: 0.24mg (12.19%), Phosphorus: 97.8mg (9.78%), Fiber: 2.31g (9.23%), Magnesium: 35.25mg (8.81%), Vitamin B2: 0.14mg (8.41%), Iron: 1.51mg (8.4%), Vitamin B1: 0.13mg (8.39%), Zinc: 0.77mg (5.12%), Vitamin B5: 0.43mg (4.28%), Calcium: 34.61mg (3.46%), Vitamin E: 0.5mg (3.32%), Vitamin K: 2.72µg (2.59%), Selenium: 1.11µg (1.59%)