



Zucchini-and-Mint Gazpacho with Radish Salsa



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



113 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 teaspoon pepper black freshly ground



1 slice bread gluten-free



6 servings garnishes: chive and parsley flowers fresh



1 tablespoon chives finely chopped



1 tablespoon cilantro leaves finely chopped



0.3 cup mint leaves fresh plus more for garnish



1 garlic clove minced

- ☐ 0.3 cup green onions sliced
- ☐ 0.3 cup olive oil divided
- ☐ 0.5 cup radishes finely chopped
- ☐ 1 tablespoon onion red finely chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 1 teaspoon sea salt fine
- ☐ 1 pound zucchini sliced cut in half lengthwise and

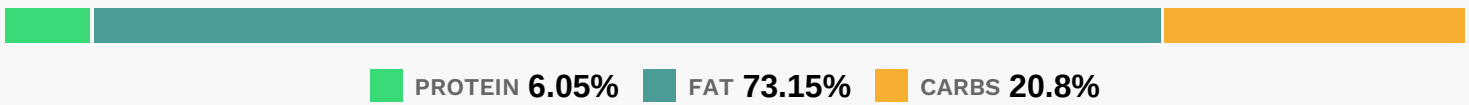
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine first 8 ingredients with 3 tablespoons oil and 3/4 cup water in a blender; pure until smooth. Taste and adjust seasoning, if necessary. Cover and chill 1 hour.
- ☐ Combine radish and next 3 ingredients in a small bowl.
- ☐ Add remaining 1 tablespoon olive oil, tossing to coat.
- ☐ Pour gazpacho into bowls, and top evenly with radish salsa.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:58.11, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:6.313043469968%

Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg

0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.55mg, Quercetin: 1.55mg,
Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 112.61kcal (5.63%), Fat: 9.51g (14.63%), Saturated Fat: 1.35g (8.46%), Carbohydrates: 6.09g (2.03%), Net
Carbohydrates: 4.57g (1.66%), Sugar: 2.57g (2.86%), Cholesterol: 0mg (0%), Sodium: 421.58mg (18.33%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin K: 24.21µg (23.06%), Vitamin C: 17.79mg (21.57%),
Manganese: 0.27mg (13.34%), Vitamin E: 1.43mg (9.56%), Folate: 32.2µg (8.05%), Vitamin B6: 0.15mg (7.6%),
Potassium: 265mg (7.57%), Vitamin A: 357.79IU (7.16%), Fiber: 1.51g (6.05%), Vitamin B2: 0.1mg (5.83%),
Magnesium: 20.43mg (5.11%), Iron: 0.78mg (4.31%), Phosphorus: 42.72mg (4.27%), Vitamin B1: 0.06mg (4.14%),
Vitamin B3: 0.71mg (3.53%), Copper: 0.07mg (3.5%), Calcium: 32.83mg (3.28%), Zinc: 0.38mg (2.54%), Selenium:
1.69µg (2.41%), Vitamin B5: 0.23mg (2.32%)