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Basil Cucumber Gazpacho

Basil Cucumber Gazpacho is a refreshing and healthy soup that originated in Spain. It is typically consumed cold and is perfect for hot summer days. The soup is made with fresh basil, cucumbers, tomatoes, and other ingredients that are blended together to create a smooth and flavorful dish.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	cucumbers
250 g	Tomatoes
50 g	red onion
2 g	garlic cloves
30 g	Fresh Basil

30 ml	extra virgin olive oil
30 ml	red wine vinegar
5 g	salt
2 g	black pepper

Directions

Step 1

Cut

Peel and chop the cucumbers, tomatoes, red onion, and garlic cloves.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the chopped vegetables, fresh basil, extra virgin olive oil, red wine vinegar, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Taste and adjust the seasoning if needed.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate for at least 1 hour before serving.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 50 kcal

Fat: 4 g

Protein: 1 g

Carbohydrates: 4 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	4 g	7.27%	8%
Fibers	1 g	2.63%	4%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	4 g	14.29%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	150 mg	4.41%	5.77%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Picnic Game Day

Cuisines

Italian Chinese Indian Mexican French Thai Mediterranean Greek

American

Course

Appetizers Salads Soups Snacks Sauces & Dressings

Cultural

Chinese New Year

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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