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Basic Tomato Gazpacho ••

A refreshing and flavorful tomato-based soup, perfect for hot summer days. Gazpacho originated in Spain and is typically served cold. It is made with fresh vegetables and herbs, blended together for a smooth and tangy soup.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Tomatoes
200 g	cucumber
150 g	Red Bell Pepper
100 g	red onion
2 cloves	garlic

2 tbsp	extra virgin olive oil
2 tbsp	red wine vinegar
1 teaspoon	salt
0.5 teaspoon	black pepper

Directions

Step 1

Cut

Roughly chop the tomatoes, cucumber, red bell pepper, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Place the chopped vegetables in a blender or food processor. Add garlic, olive oil, red wine vinegar, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Taste and adjust seasoning if needed.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Refrigerating

Refrigerate for at least 1 hour to chill before serving.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 80 kcal

Fat: 5 g

Protein: 2 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	2 g	5.26%	8%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%
Potassium	400 mg	11.76%	15.38%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter Thanksgiving Barbecue

Cuisines

Italian

Course

Salads Snacks Sauces & Dressings

Cultural

Chinese New Year

Demographics

Lactation Friendly

Diet

Mediterranean Diet DASH Diet (Dietary Approaches to Stop Hypertension)
 Flexitarian Diet Weight Watchers (WW) Diet Vegetarian Diet Pescatarian Diet
 Ovo-Vegetarian Diet Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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