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Peach and Tomato Gazpacho ♦♦

Peach and Tomato Gazpacho is a refreshing and healthy cold soup that originated in Spain. It is made with ripe peaches, juicy tomatoes, and a blend of herbs and spices. This gazpacho is perfect for hot summer days and can be enjoyed as an appetizer or a light meal. It is vegan and gluten-free.

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	ripe peaches
500 g	Tomatoes
200 g	cucumber
150 g	Red Bell Pepper
50 g	red onion

5 g	garlic cloves
60 ml	extra virgin olive oil
30 ml	red wine vinegar
5 g	salt
2 g	black pepper
10 g	fresh basil leaves

Directions

Step 1

Cut

Peel and pit the peaches, then roughly chop them.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the tomatoes, cucumber, red bell pepper, red onion, and garlic cloves.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Blender

In a blender, combine the chopped peaches, tomatoes, cucumber, red bell pepper, red onion, garlic cloves, extra virgin olive oil, red wine vinegar, salt, and black pepper. Blend until smooth.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Chill the gazpacho in the refrigerator for at least 1 hour.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve the gazpacho cold, garnished with fresh basil leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 80 kcal

Fat: 5 g

Protein: 1 g

Carbohydrates: 8 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	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)
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Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	0 g	0%	0%
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	25 mg	27.78%	33.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	150 mg	6.52%	6.52%
Calcium	2 mg	0.2%	0.2%
Iron	4 mg	50%	22.22%
Potassium	220 mg	6.47%	8.46%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Brunch Lunch Snack Supper

Difficulty Level

Medium

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