



A Nutrition Resource

GAZPACHO SOUP

Yield: 4 Servings | Serving Size: 1 cup

Cost/serving: \$0.96

Ingredients:

3 cups chopped tomatoes (about 1 pound)
1/2 cup chopped onion
1/2 cup chopped bell pepper
1 garlic clove, minced
1 finely chopped and peeled cucumber
1 1/2 cups tomato juice (or V-8)
1 Tablespoon red wine vinegar
1 teaspoon Worcestershire sauce
1 teaspoon vegetable oil
4 teaspoons fresh parsley or 1 Tablespoon dry parsley
Salt and pepper to taste

Directions:

- 1) Combine first five ingredients in a blender and pulse until chopped.
 - 2) Combine this mixture with the remaining ingredients and stir well.
- Cover and refrigerate 3 hours or until chilled.

Nutrition Facts

4 servings per container

Serving size 1 cup (228g)

Amount per serving

Calories **40**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 9g 3%

Dietary Fiber 3g 11%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 34mg 2%

Iron 1mg 6%

Potassium 440mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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