SPANISH · SIDE

Green Gazpacho with Cucumber, Apple and Mint

Gazpacho verde

135 min · Serves 3 · 147 kcal a serve · Video 5:32 · Spain on a Fork

Vegan · Paleo · Gluten-free ingredients · No nuts listed

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About 13 g net carbs a bowl and rich in vitamin C: a no-cook chilled soup of green pepper, cucumber, Granny Smith apple, onion and mint blended with olive oil and cider vinegar, with no bread. Paleo as written; for DASH, keep added salt to a pinch a serve.

Diet notes: Low saturated fat (1.2 g, 7% of the energy); DASH-friendly with less salt: up to a pinch a serve.

Ingredients 11 · SERVES 3

- [ ] 1 **green bell pepper**, seeded
- [ ] 1 **cucumber**, peeled
- [ ] 1 **Granny Smith apple**, peeled and cored
- [ ] 1 large **garlic** clove
- [ ] ½ **brown onion**
- [ ] about ¼ cup **fresh mint leaves**
- [ ] ½ tbsp **apple cider vinegar**
- [ ] 2 tbsp extra **virgin olive oil**
- [ ] **Salt**: sea salt and black pepper, to taste
- [ ] 1 cup **cold water**
- [ ] **Apple**: apple slices and mint leaves, to garnish

Allergens found in the listed ingredients: Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Halve the green pepper, cut away the seeds and chop it into big chunks straight into a blender. 0:56
2. Peel the cucumber, cut it into chunks and add it. 1:20
3. Peel and core the apple (the peel leaves bits in the soup), chop it and add it. 1:39
4. Roughly chop the garlic and the half onion and add them with about ¼ cup mint; more mint will overpower it. 2:10
5. Pour in the vinegar and olive oil, season well with salt and pepper and add the cold water. 2:55
6. Blend on medium speed 2–3 minutes until completely smooth (sieve it for an extra-silky soup), then chill at least 2 hours. Serve in small bowls with apple slices and mint. 3:09

Tip Very cold water gets it to the table sooner.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
147 kcal 620 kJ	**1.7** g 3% of a day	**17** g 13 g net · 9.9 g sugars 6% of a day	**3.2** g 11% of a day	**9.3** g 1.2 g saturated 12% of a day	**390** mg 17% of a day

Energy from net carbs 36% · protein 5% · fat 59%

High in (20%+ of a day) Vitamin C 45% · Vitamin K 21%

Source of (10–19%) Vitamin B6 12% · Vitamin E 11%

Recipe and video: Spain on a Fork on YouTube — youtube.com/watch?v=FF0JWTpQeuY. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/gazpacho-verde-green-gazpacho