



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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