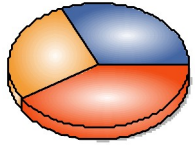


Gazpacho Andaluz

Recipe grams: 2493.49g/88.0oz
 Serves 4 623.37g/22.0oz per serving



Protein: 32%
Carbohydrates: 27%
Fat: 41%

INGREDIENTS

- 3 lb TOMATO, RED, RIPE, RAW, year round avg
- 1 cucumber CUCUMBER W/PEEL, RAW, 8.25"
- 1 medium GREEN PEPPER, SWEET, RAW (BELL), 2.75" long, 2.5" dia
- 1/2 lb ONION, SWEET, RAW
- 2 clove GARLIC, RAW
- 1 pepper SERRANO PEPPER, RAW
- 1 slice 100% WHOLE WHEAT BREAD, STONE GROUND
- 1/4 cup OLIVE OIL, EXTRA VIRGIN
- 2 tbsp RED WINE VINEGAR, Organic
- 2 tbsp PARSLEY, RAW
- 12 oz CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY

DIRECTIONS

1. Roughly chop 2 pounds of tomatoes, half of cucumber, half of bell pepper, and half of onion and place in large bowl. Add garlic, chile, and 1½ teaspoons salt; toss until well combined. Set aside.
2. Cut remaining tomatoes, cucumber, and pepper into ¼-inch dice; place vegetables in medium bowl. Mince remaining onion and add to diced vegetables. Toss with ½ teaspoon salt and transfer to fine-mesh strainer set over medium bowl. Set aside 1 hour.
3. Transfer drained diced vegetables to medium bowl and set aside. Add bread pieces to exuded liquid (there should be about ¼ cup) and soak 1 minute. Add soaked bread and any remaining liquid to roughly chopped vegetables and toss thoroughly to combine.
4. Transfer half of vegetable-bread mixture to blender and process 30 seconds. With blender running, slowly drizzle in 1/2 of oil and continue to blend until completely smooth, about 2 minutes. Strain soup through fine-mesh strainer into large bowl, using back of ladle or rubber spatula to press soup through strainer. Repeat with remaining vegetable-bread mixture and remaining olive oil.
5. Stir vinegar, minced herb, chicken breast and half of diced vegetables into soup and season to taste with salt and black pepper. Cover and refrigerate overnight or for at least 2 hours to chill completely and develop flavors.

NUTRIENT ANALYSIS

INGREDIENT	GRAMS	CALORIES	PROTEIN(g)	CARBS(g)	FAT(g)
TOMATO, RED, RIPE, RAW	1361	245	12	53	3
CUCUMBER W/PEEL, RAW	301	45	2	11	0
GREEN PEPPER, SWEET, RAW (BELL)	119	24	1	6	0
ONION, SWEET, RAW	227	73	2	17	0
GARLIC, RAW	6	9	0	2	0
SERRANO PEPPER, RAW	6	2	0	0	0
100% WHOLE WHEAT BREAD, STONE GROUND	40	100	4	19	1
OLIVE OIL, EXTRA VIRGIN	56	480	0	0	56
RED WINE VINEGAR	30	0	0	0	0
PARSLEY, RAW	8	3	0	0	0
CHICKEN BREAST, BONELESS, ROASTED, MEAT ONLY	340	561	106	0	12
TOTALS	2493	1541	127	109	73
PER SERVING	623	385	32	27	18

Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.

Nutrition Facts	
Serving Size: 1 serving (623.4g)	
Servings: 1	
Amount Per Serving	
Calories 390	Calories from Fat 160
% Daily Value*	
Total Fat 18g	28%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 70mg	24%
Sodium 135mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 6g	25%
Sugars 15g	
Protein 32g	
Vitamin A 60%	• Vitamin C 130%
Calcium 10%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet.	