

Bloody Mary Gazpacho with Shrimp

Relish Magazine

Servings: 4

1 quart tomato juice
 1 1/2 cups grape tomatoes, chopped
 3 stalks (one cup) celery, finely diced
 1 English cucumber, seeds removed and finely diced
 1 medium red bell pepper, diced
 1 medium (one cup) red onion, diced
 1 jalapeno pepper, stemmed, seeded and minced
 1 large clove garlic, minced
 1/3 cup fresh lemon or lime juice
 2 teaspoons Worcestershire sauce
 1 to 2 teaspoons prepared horseradish
 1 teaspoon Tabasco sauce
 1 pound large shrimp, poached

In a large bowl, combine the tomato juice, tomatoes, celery, cucumber, red bell pepper, onion, jalapeno, garlic, lemon juice, Worcestershire, horseradish and Tabasco. Mix well. Cover.

Refrigerate for at least one hour and up to six hours.

To serve: ladle the gazpacho into bowls or large glasses. Top with the shrimp or drape the shrimp over the glass rims.

Per Serving (excluding unknown items): 206 Calories; 2g Fat (9.7% calories from fat); 27g Protein; 21g Carbohydrate; 6g Dietary Fiber; 173mg Cholesterol; 1119mg Sodium. Exchanges: 3 Lean Meat; 3 Vegetable; 0 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	206	Vitamin B6 (mg):	.4mg
% Calories from Fat:	9.7%	Vitamin B12 (mcg):	1.3mcg
% Calories from Carbohydrates:	39.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	50.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	2g	Folacin (mcg):	78mcg
Saturated Fat (g):	trace	Niacin (mg):	5mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	173mg	% Daily Value:	on on%

Carbohydrate (g):	21g
Dietary Fiber (g):	6g
Protein (g):	27g
Sodium (mg):	1119mg
Potassium (mg):	989mg
Calcium (mg):	110mg
Iron (mg):	5mg
Zinc (mg):	2mg
Vitamin C (mg):	121mg
Vitamin A (i.u.):	3515IU
Vitamin A (r.e.):	374RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	3
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	206	Calories from Fat: 20
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% Daily Values*

Total Fat	2g	4%
Saturated Fat	trace	2%
Cholesterol	173mg	58%
Sodium	1119mg	47%
Total Carbohydrates	21g	7%
Dietary Fiber	6g	24%
Protein	27g	

Vitamin A	70%
Vitamin C	202%
Calcium	11%
Iron	25%

* Percent Daily Values are based on a 2000 calorie diet.