

# Gazpacho

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1 cup peeled tomato, finely chopped  
1/2 cup celery, finely chopped  
1/2 cup cucumber, finely chopped  
1/2 cup green pepper, finely chopped  
1/2 cup green onions, finely chopped  
3 teaspoons snipped parsley  
1 small clove garlic  
2 tablespoons olive oil  
2 tablespoons wine vinegar  
1/4 teaspoon pepper  
1 teaspoon salt  
1/2 teaspoon Worcestershire sauce  
dash Tabasco sauce  
1 - 1-1/2 quarts tomato juice

In a large bowl, combine all of the ingredients.  
Cover and chill for at least four hours.

Serve icy cold.

For a thicker soup, add more chopped vegetables.

This soup can be an appetizer or the main feature of a summer supper with Fritos or tortilla chips or with garlic croutons floating on top.

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Per Serving (excluding unknown items): 551 Calories; 28g Fat (41.1% calories from fat); 14g Protein; 77g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 7505mg Sodium. Exchanges: 0 Grain(Starch); 12 1/2 Vegetable; 5 1/2 Fat; 0 Other Carbohydrates.

## Soups

### Per Serving Nutritional Analysis

Calories (kcal):	551
% Calories from Fat:	41.1%
% Calories from Carbohydrates:	50.1%
% Calories from Protein:	8.8%
Total Fat (g):	28g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	20g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	0mg
Carbohydrate (g):	77g

Vitamin B6 (mg):	1.8mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.7mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	362mcg
Niacin (mg):	11mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

### Food Exchanges

Dietary Fiber (g): 22g  
Protein (g): 14g  
Sodium (mg): 7505mg  
Potassium (mg): 3801mg  
Calcium (mg): 231mg  
Iron (mg): 10mg  
Zinc (mg): 3mg  
Vitamin C (mg): 356mg  
Vitamin A (i.u.): 8990IU  
Vitamin A (r.e.): 905RE

Grain (Starch): 0  
Lean Meat: 0  
Vegetable: 12 1/2  
Fruit: 0  
Non-Fat Milk: 0  
Fat: 5 1/2  
Other Carbohydrates: 0

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	551	Calories from Fat: 226
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### % Daily Values\*

<b>Total Fat</b>	28g	43%
Saturated Fat	4g	19%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	7505mg	313%
<b>Total Carbohydrates</b>	77g	26%
Dietary Fiber	22g	87%
<b>Protein</b>	14g	

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<b>Vitamin A</b>	180%
<b>Vitamin C</b>	593%
<b>Calcium</b>	23%
<b>Iron</b>	58%

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