

# Almond Gazpacho with Grapes

Robin Asbell - "Big Vegan: More Than 350 Recipes No Meat/ No Dairy"  
Scripps Treasure Coast Newspapers

## Servings: 4

1 three-inch white baguette, crust removed  
1/2 cup slivered almonds  
1 tablespoon sherry vinegar  
1 clove garlic, peeled  
1/2 teaspoon salt  
1 cup ice water  
1/4 cup extra-virgin olive oil  
2 cups seedless green grapes, halved  
1 cup cucumbers, finely diced  
slivered almonds (for garnish)

In a food processor, combine the baguette, almonds, vinegar, garlic and salt. Process, adding ice water gradually to make a smooth puree'.

With the food processor running, drizzle in the olive oil. Transfer the puree' to a medium bowl or tureen. Stir in the grapes and cucumber.

Refrigerate for up to three days until serving.

Before serving, top the soup with a few slivered almonds for an additional crunch.

Per Serving (excluding unknown items): 231 Calories; 23g Fat (86.0% calories from fat); 4g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 271mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	231
% Calories from Fat:	86.0%
% Calories from Carbohydrates:	7.5%
% Calories from Protein:	6.5%
Total Fat (g):	23g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	16g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	10mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
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**Protein (g):** 4g  
**Sodium (mg):** 271mg  
**Potassium (mg):** 180mg  
**Calcium (mg):** 53mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 2mg  
**Vitamin A (i.u.):** 56IU  
**Vitamin A (r.e.):** 5 1/2RE

**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 4 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 231 Calories from Fat: 198

### % Daily Values\*

<b>Total Fat</b>	23g	35%
Saturated Fat	3g	14%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	271mg	11%
<b>Total Carbohydrates</b>	5g	2%
Dietary Fiber	1g	6%
<b>Protein</b>	4g	
<b>Vitamin A</b>		1%
<b>Vitamin C</b>		3%
<b>Calcium</b>		5%
<b>Iron</b>		5%

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