

Chilled Watermelon-Basil Gazpacho

Glada de Laurentis - "Happy Cooking: Make Every Meal Count"
Scripps Treasure Coast Newspapers

Servings: 6

1 five-pound (6 cups) seedless
watermelon, seeds removed and flesh
chopped
1 medium heirloom tomato, chopped
2 tablespoons extra-virgin olive oil
2 limes
3/4 cup fresh basil leaves, finely
chopped
1/4 cup fresh mint leaves, finely
chopped
1/2 teaspoon Kosher salt
1/4 teaspoon freshly ground black
pepper

In a blender or food processor, combine the
watermelon, tomato and olive oil. Zest one lime
and squeeze the juice. Add the zest and juice to
the blender. Puree until the mixture is smooth.

Pour the soup into a large bowl. Stir in the basil,
mint, salt and pepper.

Chill the soup for at least three hours before
serving.

To serve: pour the soup into chilled bowls. Cut
the remaining lime into wedges and use to
garnish the bowls.

Per Serving (excluding unknown
items): 49 Calories; 5g Fat (76.6%
calories from fat); trace Protein; 3g
Carbohydrate; trace Dietary Fiber;
0mg Cholesterol; 158mg Sodium.
Exchanges: 0 Grain(Starch); 0
Vegetable; 0 Fruit; 1 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	49
% Calories from Fat:	76.6%
% Calories from Carbohydrates:	21.0%
% Calories from Protein:	2.4%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	3g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	7mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): trace
 Protein (g): trace
 Sodium (mg): 158mg
 Potassium (mg): 51mg
 Calcium (mg): 19mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 7mg
 Vitamin A (i.u.): 238IU
 Vitamin A (r.e.): 23 1/2RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 49 Calories from Fat: 37

% Daily Values*

Total Fat	5g	7%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	158mg	7%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	2%
Protein	trace	

Vitamin A	5%
Vitamin C	12%
Calcium	2%
Iron	4%

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