

Gazpacho Soup

*The Longwood Inn - Bedford, VA
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 4

*4 large ripe tomatoes
2 1/2 cucumbers
1 large green pepper
2 bunches green onion
1 to 2 cloves garlic
salt
1/4 cup red wine vinegar
1/3 cup olive oil
3 cups tomato juice
1 to 1-1/2 cups beef broth or water
hot pepper sauce
Worcestershire sauce (to taste)
freshly ground pepper
plain croutons (for garnish)*

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Peel, seed and cut the tomatoes and two of the cucumbers into 1/4-inch dice. Wash and trim the pepper and green onions. Cut into 1/4-inch dice.

Mash the garlic with one teaspoon of salt. Beat in the vinegar and oil. Combine with the chopped vegetables. Stir in the tomato juice. Add the broth to the desired consistency.

Season to taste with the hot pepper sauce, Worcestershire sauce, salt and pepper.

Chill.

Cut the remaining cucumber half into thin slices.

Serve the gazpacho in chilled bowls. Top with cucumber slices and croutons.

Per Serving (excluding unknown items): 253 Calories; 19g Fat (61.4% calories from fat); 4g Protein; 22g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 678mg Sodium. Exchanges: 4 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	253
% Calories from Fat:	61.4%
% Calories from Carbohydrates:	32.5%
% Calories from Protein:	6.1%
Total Fat (g):	19g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	91mcg

Saturated Fat (g): 3g
Monounsaturated Fat (g): 13g
Polyunsaturated Fat (g): 2g
Cholesterol (mg): 0mg
Carbohydrate (g): 22g
Dietary Fiber (g): 6g
Protein (g): 4g
Sodium (mg): 678mg
Potassium (mg): 1038mg
Calcium (mg): 59mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 95mg
Vitamin A (i.u.): 2405IU
Vitamin A (r.e.): 240RE

Niacin (mg): 3mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 4
Fruit: 0
Non-Fat Milk: 0
Fat: 3 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 253 **Calories from Fat:** 155

% Daily Values*

Total Fat 19g 29%
 Saturated Fat 3g 13%
Cholesterol 0mg 0%
Sodium 678mg 28%
Total Carbohydrates 22g 7%
 Dietary Fiber 6g 23%
Protein 4g

Vitamin A 48%
Vitamin C 159%
Calcium 6%
Iron 14%

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