

# Rustic Gazpacho

*Dash Magazine - September, 2013*

*2 1/2 cups diced plum tomatoes  
1/2 green or yellow bell pepper, diced  
1/2 peeled cucumber, chopped  
1/4 cup red onion, diced  
1/2 cup olive oil  
3 tablespoons red wine vinegar  
3 tablespoons fresh flat-leaf parsley,  
chopped  
2 tablespoons Worcestershire sauce  
2 tablespoons fresh lemon juice  
3 cloves garlic, minced  
salt  
pepper  
4 to 5 cups vegetable juice (such as  
V8)  
1/3 cup dry bread crumbs (made  
from stale bread)  
parsley (for garnish)*

In a large bowl, combine the plum tomatoes, bell pepper, cucumber, onion, olive oil, vinegar, parsley, Worcestershire sauce, lemon juice and cloves.

Season with salt and pepper.

Stir in the vegetable juice and bread crumbs.

Chill for two hours.

Serve topped with more parsley.

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Per Serving (excluding unknown items): 1133 Calories; 110g Fat (83.8% calories from fat); 6g Protein; 41g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 347mg Sodium. Exchanges: 6 Vegetable; 0 Fruit; 21 1/2 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	1133	<b>Vitamin B6 (mg):</b>	.5mg
<b>% Calories from Fat:</b>	83.8%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	14.0%	<b>Thiamin B1 (mg):</b>	.3mg
<b>% Calories from Protein:</b>	2.2%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	110g	<b>Folacin (mcg):</b>	111mcg
<b>Saturated Fat (g):</b>	15g	<b>Niacin (mg):</b>	3mg
<b>Monounsaturated Fat (g):</b>	80g	<b>Caffeine (mg):</b>	0mg
		<b>Alcohol (kcal):</b>	0

Polyunsaturated Fat (g):	10g
Cholesterol (mg):	0mg
Carbohydrate (g):	41g
Dietary Fiber (g):	7g
Protein (g):	6g
Sodium (mg):	347mg
Potassium (mg):	1645mg
Calcium (mg):	114mg
Iron (mg):	6mg
Zinc (mg):	1mg
Vitamin C (mg):	178mg
Vitamin A (i.u.):	3538IU
Vitamin A (r.e.):	359RE

% Refused: 0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	6
Fruit:	0
Non-Fat Milk:	0
Fat:	21 1/2
Other Carbohydrates:	1/2

## Nutrition Facts

### Amount Per Serving

Calories 1133      Calories from Fat: 949

### % Daily Values\*

<b>Total Fat</b>	110g	169%
Saturated Fat	15g	74%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	347mg	14%
<b>Total Carbohydrates</b>	41g	14%
Dietary Fiber	7g	28%
<b>Protein</b>	6g	
<b>Vitamin A</b>		71%
<b>Vitamin C</b>		297%
<b>Calcium</b>		11%
<b>Iron</b>		31%

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