

# Gazpacho Buzz

*www.BellaHousewares.com*

## Servings: 2

*4 large ripe tomatoes*  
*2 stalks celery*  
*1/2 small cucumber, peeled and cut up*  
*3 ice cubes*  
*2 ounces vodka (optional), ice cold*  
*red pepper flakes*

In a blender, add the tomatoes, celery, cucumber and ice.

Blend until chunky or smooth.

Pour into two chilled glasses.

Pour the vodka over each serving. Garnish with the red pepper flakes.

Start to Finish Time: 5 minutes

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Per Serving (excluding unknown items): 68 Calories; 1g Fat (10.7% calories from fat); 3g Protein; 15g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 58mg Sodium. Exchanges: 3 Vegetable.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	68	Vitamin B6 (mg):	.2mg
% Calories from Fat:	10.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	74.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	14.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folic acid (mcg):	58mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	15g	<b>Food Exchanges</b>	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	3g	Lean Meat:	0
Sodium (mg):	58mg	Vegetable:	3
Potassium (mg):	769mg	Fruit:	0

**Calcium (mg):** 39mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 54mg  
**Vitamin A (i.u.):** 1748IU  
**Vitamin A (r.e.):** 173 1/2RE

**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 2

### Amount Per Serving

**Calories** 68 Calories from Fat: 7

### % Daily Values\*

<b>Total Fat</b>	1g		1%
	Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	58mg		2%
<b>Total Carbohydrates</b>	15g		5%
	Dietary Fiber	4g	16%
<b>Protein</b>	3g		

<b>Vitamin A</b>	35%
<b>Vitamin C</b>	90%
<b>Calcium</b>	4%
<b>Iron</b>	8%

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