

Spiced Cantaloupe Gazpacho

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-gazpacho-recipe>

Ingredients:

- 1 1/2 cantaloupe medium, halved and seeded
- 2 Persian cucumbers peeled and sliced
- 2 yellow heirloom tomatoes small, or 1 large, roughly chopped
- 2 shallots small, peeled and sliced
- 8 red radishes trimmed and halved
- 1 fresh ginger 3" piece of, peeled and sliced
- 15 leaves fresh mint plus more for garnish
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons apple cider vinegar
- 1 lime
- salt
- pepper

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 39 grams
3. Fat: 7 grams
4. Fiber: 6 grams
5. Protein: 6 grams
6. SaturatedFat: 1 grams
7. Sodium: 250 milligrams
8. Sugar: 22 grams

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