



Chilled Mango and Cucumber Soup

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

7

CALORIES

calories

50 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cucumbers seedless
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 tablespoons juice of lime fresh to taste
- ☐ 2 mangoes pitted peeled
- ☐ 1.5 teaspoons salt
- ☐ 0.3 cup water red finely chopped

Equipment

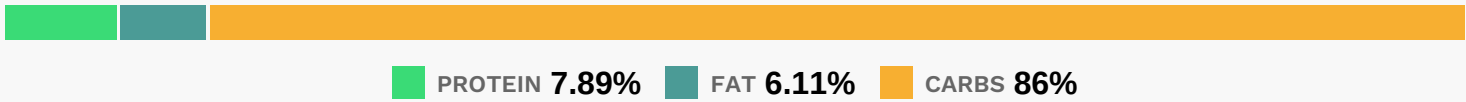
- ☐ bowl

☐ blender

Directions

- ☐ Finely chop 1 mango and 1 cucumber and set aside. Coarsely chop remaining mango and cucumber and puree with 1/4 cup water in a blender until almost smooth.
- ☐ Transfer to a bowl and stir in finely chopped mango and cucumber, onion, lime juice, and 2 cups cold water.
- ☐ Place bowl in a larger bowl of ice and cold water and stir until cool.
- ☐ Just before serving, stir in cilantro and 1 1/4 teaspoons salt.

Nutrition Facts



Properties

Glycemic Index:17.96, Glycemic Load:4.41, Inflammation Score:-6, Nutrition Score:5.4386957495109%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg, Hesperetin: 0.58mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 49.69kcal (2.48%), Fat: 0.37g (0.57%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 11.8g (3.93%), Net Carbohydrates: 10.13g (3.68%), Sugar: 9.64g (10.71%), Cholesterol: 0mg (0%), Sodium: 501.03mg (21.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.17%), Vitamin C: 26.65mg (32.31%), Vitamin A: 712.68IU (14.25%), Folate: 39.23µg (9.81%), Vitamin K: 9.07µg (8.64%), Fiber: 1.67g (6.69%), Potassium: 232.49mg (6.64%), Copper: 0.13mg (6.56%), Vitamin B6: 0.12mg (6.18%), Manganese: 0.11mg (5.51%), Magnesium: 17.33mg (4.33%), Vitamin E: 0.58mg (3.84%), Vitamin B5: 0.34mg (3.38%), Vitamin B1: 0.05mg (3.16%), Phosphorus: 28.89mg (2.89%), Vitamin B2: 0.05mg (2.74%), Vitamin B3: 0.44mg (2.22%), Calcium: 21.11mg (2.11%), Iron: 0.31mg (1.71%), Zinc: 0.22mg (1.44%)