



Chilled Mango and Cucumber Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



49 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
- ☐ 3 tablespoons onion red finely chopped

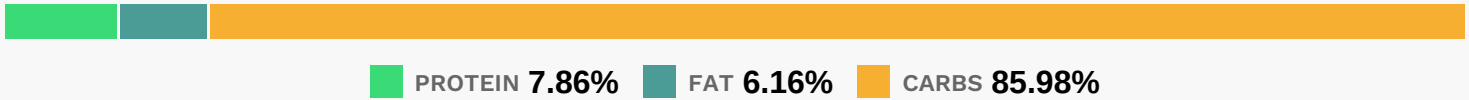
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Finely chop 1 mango and 1 cucumber and set aside. Coarsely chop remaining mango and cucumber and purée 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.
- ☐ ·Soup can also be chilled in the refrigerator until cold, but it will take about 2 hours.

Nutrition Facts



Properties

Glycemic Index:17.96, Glycemic Load:4.38, Inflammation Score:-6, Nutrition Score:5.3960869597352%

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: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 49.12kcal (2.46%), Fat: 0.37g (0.57%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 10.02g (3.64%), Sugar: 9.58g (10.64%), Cholesterol: 0mg (0%), Sodium: 2.66mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin C: 26.55mg (32.18%), Vitamin A: 712.65IU (14.25%), Folate: 38.96µg (9.74%), Vitamin K: 9.07µg (8.63%), Fiber: 1.65g (6.59%), Potassium: 230.31mg (6.58%), Copper: 0.13mg (6.51%), Vitamin B6: 0.12mg (6.09%), Manganese: 0.11mg (5.35%), Magnesium: 17.17mg (4.29%), Vitamin E: 0.58mg (3.84%), Vitamin B5: 0.34mg (3.36%), Vitamin B1: 0.05mg (3.12%), Phosphorus: 28.48mg (2.85%), Vitamin B2: 0.05mg (2.72%), Vitamin B3: 0.44mg (2.21%), Calcium: 20.47mg (2.05%), Iron: 0.3mg (1.67%), Zinc: 0.21mg

(1.41%)