



Chilled Tropical Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



82 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large banana divided sliced
- ☐ 1.5 cups cantaloupe cubed
- ☐ 0.5 teaspoon ground ginger
- ☐ 12 ounce papaya nectar canned
- ☐ 1.5 cups pineapple fresh cubed
- ☐ 2 cups pineapple juice unsweetened
- ☐ 2 tablespoons sugar

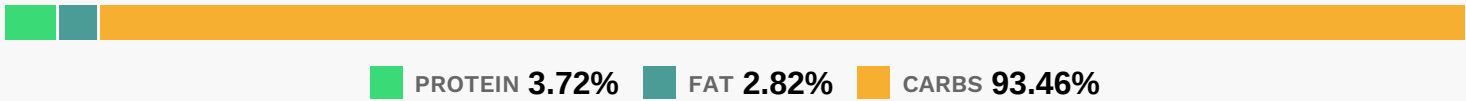
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ Combine first 6 ingredients in a large bowl, stirring well.
- ☐ Place half of fruit mixture and half of banana in container of an electric blender; cover and process on low speed until smooth.
- ☐ Transfer pureed mixture to a large bowl. Repeat procedure with remaining fruit mixture and banana.
- ☐ Cover and chill at least 4 hours or up to 2 days. To serve, stir chilled soup, then ladle into individual bowls.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:35.58, Glycemic Load:10.64, Inflammation Score:-7, Nutrition Score:7.1595651662868%

Flavonoids

Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 81.86kcal (4.09%), Fat: 0.27g (0.42%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 20.51g (6.84%), Net Carbohydrates: 18.93g (6.88%), Sugar: 15.76g (17.51%), Cholesterol: 0mg (0%), Sodium: 11.3mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.63%), Vitamin C: 41.07mg (49.78%), Manganese: 0.56mg (28.04%), Vitamin A: 1160.31IU (23.21%), Folate: 31.63µg (7.91%), Vitamin B6: 0.15mg (7.4%), Potassium: 237.99mg (6.8%), Fiber: 1.58g (6.32%), Magnesium: 22.78mg (5.7%), Copper: 0.11mg (5.34%), Vitamin B1: 0.07mg (4.72%), Vitamin B3: 0.61mg (3.03%), Vitamin B2: 0.04mg (2.59%), Iron: 0.45mg (2.5%), Vitamin B5: 0.22mg (2.15%), Calcium: 19.14mg (1.91%), Vitamin K: 1.92µg (1.82%), Phosphorus: 16.4mg (1.64%), Zinc: 0.24mg (1.59%), Selenium: 0.89µg (1.27%)