

Mango Gazpacho

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cucumber seedless cut into 1/4-inch dice
- 2 tablespoons parsley fresh chopped
- 2 medium garlic cloves minced
- 3 tablespoons juice of lime fresh
- 2 cups diced mangoes fresh
- 2 tablespoons olive oil extra-virgin
- 1 small onion cut into 1/4-inch dice
- 2 cups orange juice

- 1 small bell pepper red seeded cut into 1/4-inch dice
- 6 servings salt and pepper black freshly ground

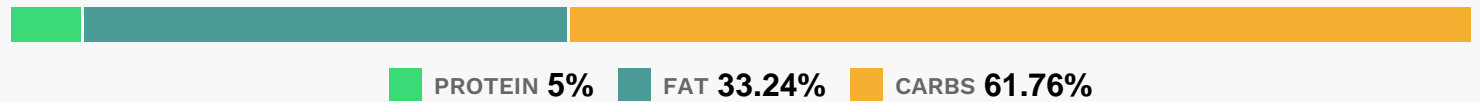
Equipment

- food processor
- bowl
- blender

Directions

- Process mangoes, orange juice and oil in a blender or food processor until pureed.
- Transfer to a medium bowl, along with remaining ingredients. Season with salt and pepper to taste. Refrigerate until ready to serve. (Can be made several hours before serving.)

Nutrition Facts



Properties

Glycemic Index:42.79, Glycemic Load:8.71, Inflammation Score:-8, Nutrition Score:11.756956463275%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 10.55mg, Hesperetin: 10.55mg, Hesperetin: 10.55mg, Hesperetin: 10.55mg Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 130.92kcal (6.55%), Fat: 5.17g (7.95%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 19.73g (7.18%), Sugar: 16.48g (18.31%), Cholesterol: 0mg (0%), Sodium: 4.52mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin C: 83.74mg (101.5%), Vitamin K: 36.15µg (34.42%),

Vitamin A: 1316.03IU (26.32%), Folate: 62.66µg (15.67%), Potassium: 395.84mg (11.31%), Vitamin E: 1.44mg (9.6%), Vitamin B6: 0.19mg (9.26%), Vitamin B1: 0.12mg (8.03%), Fiber: 1.87g (7.49%), Manganese: 0.15mg (7.38%), Copper: 0.13mg (6.65%), Magnesium: 25.43mg (6.36%), Vitamin B5: 0.47mg (4.7%), Vitamin B2: 0.08mg (4.68%), Vitamin B3: 0.92mg (4.59%), Phosphorus: 43.85mg (4.39%), Iron: 0.61mg (3.41%), Calcium: 31.88mg (3.19%), Zinc: 0.27mg (1.83%), Selenium: 0.79µg (1.13%)