



Papaya Boats

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

Ingredients

- 1 cup yogurt plain fat-free
- 2 tablespoons honey
- 0.3 cup raisins
- 1 cup strawberries fresh chopped
- 0.3 cup walnuts

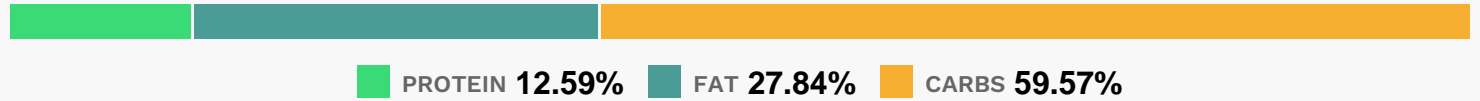
Equipment

- bowl

Directions

- In a bowl, mix the yogurt, walnuts, and raisins. Fold in the strawberries. Spoon the mixture into the centers of the papaya halves.
- Drizzle with honey to serve.

Nutrition Facts



Properties

Glycemic Index:42.77, Glycemic Load:9.25, Inflammation Score:-3, Nutrition Score:7.1873912273542%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 152.39kcal (7.62%), Fat: 5.03g (7.75%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 22.39g (8.14%), Sugar: 15.28g (16.97%), Cholesterol: 1.23mg (0.41%), Sodium: 50.63mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.24%), Vitamin C: 22.36mg (27.1%), Manganese: 0.42mg (21.21%), Calcium: 137.98mg (13.8%), Phosphorus: 137.32mg (13.73%), Vitamin B2: 0.18mg (10.75%), Potassium: 323.74mg (9.25%), Copper: 0.17mg (8.69%), Magnesium: 30.8mg (7.7%), Fiber: 1.85g (7.39%), Vitamin B12: 0.37µg (6.23%), Zinc: 0.91mg (6.07%), Folate: 23.64µg (5.91%), Vitamin B6: 0.11mg (5.41%), Vitamin B5: 0.49mg (4.91%), Vitamin B1: 0.07mg (4.88%), Selenium: 2.85µg (4.07%), Iron: 0.69mg (3.86%), Vitamin B3: 0.41mg (2.05%), Vitamin K: 1.11µg (1.06%), Vitamin E: 0.16mg (1.04%)