



Papaya Gazpacho



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



57 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup avocado finely chopped ()
- ☐ 4 teaspoons mint leaves fresh chopped
- ☐ 3 tablespoons juice of lime fresh (2 limes)
- ☐ 1 cup papaya fresh chopped
- ☐ 0.5 teaspoon pepper
- ☐ 3 cups pineapple juice
- ☐ 1 teaspoon sea salt
- ☐ 3 cups sacramento tomato juice

- ☐ 0.7 cup bell pepper yellow chopped
- ☐ 0.7 cup tomatoes yellow chopped

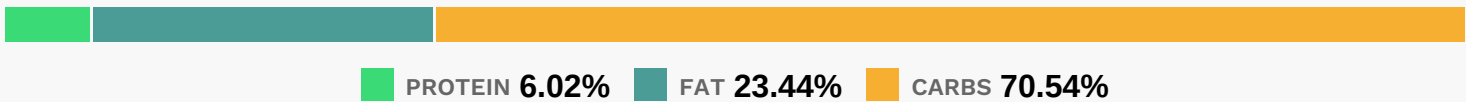
Equipment

- ☐ blender

Directions

- ☐ Pulse first 10 ingredients in blender until smooth, stopping to scrape down sides. Cover and chill at least 4 hours.
- ☐ Dip rims of margarita glasses in lime juice, and dip rims in sea salt to coat, if desired.
- ☐ Serve chilled soup in prepared glasses; serve with hot sauce, if desired.

Nutrition Facts



Properties

Glycemic Index:13.87, Glycemic Load:3.92, Inflammation Score:-4, Nutrition Score:5.6860869811929%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 56.94kcal (2.85%), Fat: 1.61g (2.48%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 9.65g (3.51%), Sugar: 7.29g (8.1%), Cholesterol: 0mg (0%), Sodium: 163.92mg (7.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.86%), Vitamin C: 33.91mg (41.11%), Manganese: 0.31mg (15.74%), Folate: 33.69µg (8.42%), Potassium: 272.7mg (7.79%), Vitamin B6: 0.15mg (7.32%), Vitamin A: 340.57IU (6.81%), Copper: 0.1mg (5.03%), Fiber: 1.25g (5.01%), Magnesium: 17.79mg (4.45%), Vitamin B1: 0.06mg (4.29%), Vitamin B3: 0.77mg (3.83%), Vitamin K: 3.73µg (3.55%), Vitamin B5: 0.33mg (3.27%), Iron: 0.51mg (2.81%), Vitamin E: 0.41mg (2.72%), Vitamin B2: 0.05mg (2.69%), Phosphorus: 23.02mg (2.3%), Calcium: 16.35mg (1.63%), Zinc: 0.23mg (1.52%)