



Papaya Gazpacho



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



114 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup firm-ripe avocado diced pitted peeled ()
- ☐ 2 tablespoons cilantro leaves fresh
- ☐ 0.5 teaspoon scotch bonnet peppers fresh red minced seeded
- ☐ 0.5 cup juice of lime
- ☐ 0.7 cup orange juice
- ☐ 2 pounds papayas chilled ripe
- ☐ 6 servings try build-a-meal
- ☐ 6 servings salt

- ☐ 0.3 cup shallots minced rinsed drained
- ☐ 0.8 cup vegetable broth

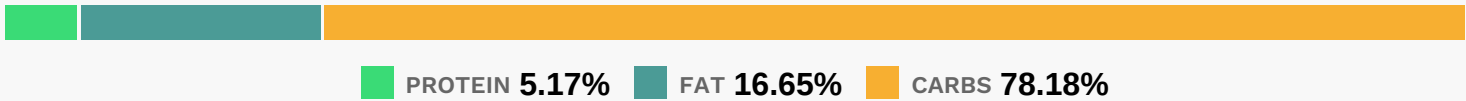
Equipment

- ☐ food processor
- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ Peel, seed, and cut enough ripe papaya into 1/2-inch cubes to make 1/2 cup; reserve for garnish.
- ☐ Cut remaining papayas into 1-inch chunks. In a blender or food processor, combine 1-inch papaya chunks, 1/2 teaspoon chili, and orange juice; pure until smooth.
- ☐ Pour pure into a bowl; add broth, lime juice, shallots, and additional chili to taste; mix well.
- ☐ Ladle into wide bowls. To each bowl, add equal portions shrimp, reserved ripe papaya cubes, diced green papaya, and avocado.
- ☐ Add salt to taste and sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:50.46, Glycemic Load:10.22, Inflammation Score:-9, Nutrition Score:11.526956496031%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 114.46kcal (5.72%), Fat: 2.34g (3.6%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 20.62g (7.5%), Sugar: 15.62g (17.36%), Cholesterol: 0mg (0%), Sodium: 326.23mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.27%), Vitamin C: 114.57mg (138.88%), Vitamin A: 1595.8IU (31.92%), Folate: 80.03µg (20.01%), Fiber: 4.09g (16.38%), Potassium: 456.79mg (13.05%), Magnesium: 44.71mg (11.18%), Manganese: 0.18mg (9.17%), Vitamin B6: 0.15mg (7.43%), Vitamin K: 7.31µg (6.97%), Copper: 0.13mg (6.3%), Vitamin B5: 0.58mg (5.85%), Vitamin B1: 0.08mg (5.49%), Vitamin E: 0.79mg (5.28%), Vitamin B3: 0.98mg (4.89%), Vitamin B2: 0.07mg (4.35%), Calcium: 42.07mg (4.21%), Phosphorus: 41.6mg (4.16%), Iron: 0.71mg (3.95%), Selenium: 1.64µg (2.34%), Zinc: 0.33mg (2.19%)