

Papaya Lime Soup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



123 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients



2 tablespoons honey



2 tablespoons juice of lime fresh



1 mangos ripe cubed peeled



1 cup orange juice fresh



2 cups papaya diced peeled (2 medium papayas)



0.5 cup water

Equipment



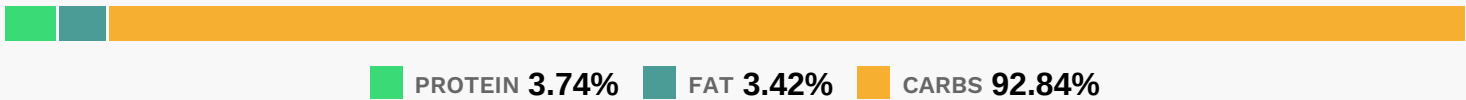
food processor

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ Place first 6 ingredients in a blender or food processor; process until smooth.
- ☐ Ladle 1 cup soup into each of 4 bowls; top with diced mango and mint, if desired.

Nutrition Facts



Properties

Glycemic Index:53.69, Glycemic Load:15.13, Inflammation Score:-8, Nutrition Score:9.6760869907296%

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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 122.85kcal (6.14%), Fat: 0.51g (0.78%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 31.05g (10.35%), Net Carbohydrates: 28.86g (10.49%), Sugar: 26.52g (29.47%), Cholesterol: 0mg (0%), Sodium: 8.79mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 94.77mg (114.87%), Vitamin A: 1352.69IU (27.05%), Folate: 67.71µg (16.93%), Potassium: 352.58mg (10.07%), Fiber: 2.19g (8.77%), Magnesium: 27.8mg (6.95%), Copper: 0.13mg (6.34%), Vitamin B6: 0.12mg (5.92%), Vitamin B1: 0.09mg (5.88%), Vitamin E: 0.72mg (4.78%), Vitamin B3: 0.87mg (4.34%), Manganese: 0.08mg (3.95%), Vitamin K: 4.1µg (3.91%), Vitamin B5: 0.37mg (3.7%), Vitamin B2: 0.06mg (3.66%), Calcium: 29.08mg (2.91%), Phosphorus: 26.25mg (2.63%), Iron: 0.43mg (2.4%), Selenium: 0.88µg (1.26%), Zinc: 0.17mg (1.1%)