



Papaya Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



305 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blackberries
- ☐ 3 tablespoons candied ginger thinly sliced
- ☐ 3 juice of lime juiced
- ☐ 2 lemon zest juiced
- ☐ 2 tablespoons chiffonade mint leaves fresh
- ☐ 3 small papayas diced peeled seeded
- ☐ 1 cup raspberries
- ☐ 1 cup sugar

☐ 1 cup water

Equipment

☐ bowl

☐ pot

Directions

- ☐ In a small saucepot combine the sugar and water, and cook over low heat until sugar is dissolved.
- ☐ Pour into a bowl containing the lemon and lime juice.
- ☐ Add the papaya, candied ginger, and mint. In a separate bowl toss raspberries and blackberries.
- ☐ Place papaya mixture into each serving bowl. In the center place a spoonful of mixed berries and garnish with lemon zest.

Nutrition Facts



Properties

Glycemic Index:44.96, Glycemic Load:41.81, Inflammation Score:-8, Nutrition Score:12.242608775263%

Flavonoids

Cyanidin: 49.71mg, Cyanidin: 49.71mg, Cyanidin: 49.71mg, Cyanidin: 49.71mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin:

1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 305.48kcal (15.27%), Fat: 0.88g (1.35%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 77.8g (25.93%), Net Carbohydrates: 71.39g (25.96%), Sugar: 68.08g (75.65%), Cholesterol: 0mg (0%), Sodium: 15.78mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Vitamin C: 96.26mg (116.68%), Vitamin A: 1288.89IU (25.78%), Manganese: 0.51mg (25.73%), Fiber: 6.4g (25.62%), Folate: 62.97µg (15.74%), Vitamin K: 12.57µg (11.97%), Magnesium: 42.58mg (10.65%), Potassium: 357.45mg (10.21%), Copper: 0.17mg (8.39%), Vitamin E: 1.08mg (7.21%), Calcium: 56.26mg (5.63%), Iron: 0.91mg (5.06%), Vitamin B5: 0.46mg (4.61%), Vitamin B3: 0.91mg (4.53%), Vitamin B6: 0.09mg (4.38%), Vitamin B2: 0.07mg (4.32%), Vitamin B1: 0.05mg (3.5%), Phosphorus: 33.35mg (3.34%), Zinc: 0.47mg (3.15%), Selenium: 1.23µg (1.76%)