



Zero Proof: Papaya Lassi

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



145 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon honey
- 1 cup ice cubes
- 2 tablespoons juice of lime
- 3 tablespoons orange juice
- 2 cups papaya ripe peeled seeded cut into 1" cubes
- 0.5 cup yogurt plain
- 1 pinch salt

Equipment

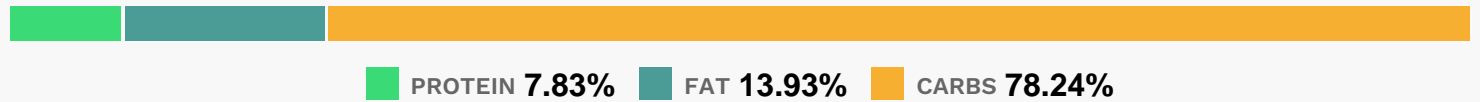
blender

Directions

Mix papaya, yogurt, lime juice, orange juice, honey, and salt in blender until smooth.

Add ice to blender and blend until smooth. Lassi should be thick.

Nutrition Facts



Properties

Glycemic Index:91.01, Glycemic Load:13.89, Inflammation Score:-8, Nutrition Score:11.03782608846%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 4.39mg, Hesperetin: 4.39mg, Hesperetin: 4.39mg, Hesperetin: 4.39mg Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg, Naringenin: 0.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 144.71kcal (7.24%), Fat: 2.42g (3.72%), Saturated Fat: 1.4g (8.78%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 28.03g (10.19%), Sugar: 24.82g (27.58%), Cholesterol: 7.96mg (2.65%), Sodium: 65.64mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.11%), Vitamin C: 102.87mg (124.69%), Vitamin A: 1449.14IU (28.98%), Folate: 65.45µg (16.36%), Potassium: 423.75mg (12.11%), Calcium: 111.21mg (11.12%), Magnesium: 42.15mg (10.54%), Fiber: 2.51g (10.05%), Vitamin B2: 0.14mg (8.16%), Phosphorus: 79.04mg (7.9%), Vitamin B5: 0.58mg (5.8%), Copper: 0.11mg (5.33%), Vitamin B1: 0.08mg (5.11%), Vitamin B6: 0.09mg (4.56%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 3.88µg (3.69%), Manganese: 0.07mg (3.66%), Zinc: 0.53mg (3.55%), Vitamin B3: 0.68mg (3.41%), Vitamin E: 0.5mg (3.33%), Selenium: 2.31µg (3.3%), Iron: 0.49mg (2.72%)