

Chilled Mango Soup
Served Cold

If you like mangoes, you'll love this soup. Recently, Maureen visited Maui, Hawaii with some of her friends and when served this dish she knew she had a winner for Megaheart members. Served chilled it's a treat for you and for anyone you serve it to. This recipe is for two servings. You may double it or triple it. Add more Jalapeno chilies if you like chili heat.

Serves 2

Sodium Per Recipe: 6.621 mg
Sodium Per Serving: 3.31 mg

½ cup mango juice* (3.286 mg)
½ cup low sodium or filtered water (trace)
¼ jalapeno chili pepper, seeds removed, diced (.035 mg)
1 cup fresh or frozen mango (3.3 mg)

Wash jalapeno, clean out inside, remove all seeds and dice.

If using fresh mango, peel, seed and measure.

Place all ingredients into a bowl or container you can puree in and puree until mix is smooth.

Chill in refrigerator for a few hours before serving. Serve chilled.

*mango juice is often made up in combination with other ingredients such as apple juice, mango puree, orange juice, banana puree and lemon juice. For this recipe we used Trader Joe's Mango Juice.

Nutrient Data Per Serving:

Calories: 79.8
Protein: .51 g
Carbohydrate: 20.8 g
Dietary Fiber: 1.555 g
Total Sugars: 18.8 g
Total Fat: .251 g
Saturated Fat: .059 g
Monounsaturated Fat: .088 g

Polyunsaturated Fat: .052 g
Cholesterol: 0 mg
Trans Fatty Acids: 0 g
Total Omega-3 FA: .031 g
Total Omega-6 FA: 0 g
Potassium: 151 mg
Sodium: 3.31 mg
Vitamin K: 3.635 mcg
Folic Acid: 0 mcg