



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Tropical Fruit Gazpacho

Makes: 50 Servings

50 Servings

Ingredients	Weight	Measure
Mango, frozen, chunk	1 lb	
Papaya, fresh	1 lb	
Cucumber, fresh	1 lb	
Green bell pepper, fresh	10 oz	
Red bell pepper, fresh	10 oz	
Cilantro, fresh		2 Tbsp
Parsley, fresh		3 Tbsp
Pineapple juice		2 1/2 qt
Pineapple, canned, crushed in juice	1 lb	
Lemon juice		2 tbsp
Salt		1 tsp

Directions

1. Thaw mango chunks.
2. Peel and chop papaya.
3. Peel and dice cucumber.
4. Dice green and red peppers.
5. Chop cilantro and parsley.
6. Combine all ingredients. Mix well.
7. Puree with a blender or immersion blender until desired chunkiness.
8. Chill quickly to below 41 degrees F.

My Notes

Source: National Food Service Management Institute

Nutrition Information

Nutrients	Amount
Calories	45
Total Fat	0 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	49 mg
Total Carbohydrate	11 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	12 mg
Iron	0 mg
Potassium	N/A

N/A - data is not available