



Healthdor

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Papaya Shake

A refreshing and healthy shake made with ripe papaya fruit. It is a vegetarian recipe that can be enjoyed as a breakfast or snack.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

500 g	ripe papaya
250 ml	milk
2 tbsp	Honey
1 c	ice cubes

Directions

Step 1

Cut

Peel and remove the seeds from the papaya.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

In a blender, add the papaya, milk, honey, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blender

Blend until smooth and creamy.

Prep Time: 3 mins

Cook Time: 0 mins

Step 4

Serving

Pour into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 1 g

Protein: 3 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	3 g	7.89%	12%
Sugars	30 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	3000 iu	333.33%	428.57%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	150 mg	15%	15%
Iron	1 mg	12.5%	5.56%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Events

Thanksgiving

Picnic

Cuisines

Italian

Course

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Demographics

Allergy Friendly

Heart Healthy

Diet

Weight Watchers (WW) Diet

Paleo Diet

Vegan Diet

Raw Food Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

The Scarsdale Diet

The Werewolf Diet

The Cambridge Diet

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

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