



Curried Mango Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon curry powder
- ☐ 0.3 cup cucumber english peeled chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 medium mangos chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.1 teaspoon pepper freshly ground

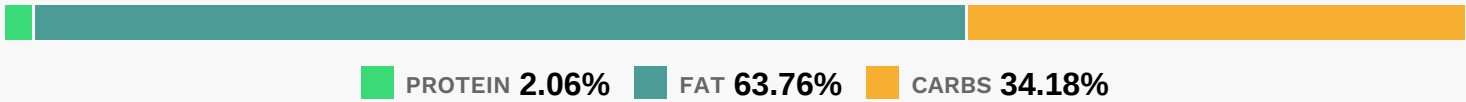
Equipment

☐ blender

Directions

☐ Process all ingredients in a blender until smooth, stopping once to scrape down sides.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:3.7, Inflammation Score:-5, Nutrition Score:3.8017391329226%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 96.83kcal (4.84%), Fat: 7.23g (11.12%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 7.77g (2.83%), Sugar: 7.49g (8.32%), Cholesterol: 0mg (0%), Sodium: 146.61mg (6.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.05%), Vitamin C: 20.22mg (24.51%), Vitamin A: 572.48IU (11.45%), Vitamin E: 1.51mg (10.08%), Vitamin K: 8.06µg (7.67%), Folate: 23.44µg (5.86%), Fiber: 0.94g (3.77%), Vitamin B6: 0.07mg (3.4%), Copper: 0.06mg (3.21%), Potassium: 108.33mg (3.1%), Manganese: 0.06mg (2.77%), Vitamin B3: 0.37mg (1.83%), Magnesium: 7.18mg (1.79%), Vitamin B2: 0.02mg (1.39%), Vitamin B5: 0.13mg (1.3%), Vitamin B1: 0.02mg (1.21%), Iron: 0.2mg (1.13%), Phosphorus: 10.62mg (1.06%)