



Flaming Mangoes with Cardamom Syrup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



404 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup firmly brown sugar packed
- ☐ 8 cardamom pods hulled
- ☐ 3 cups ice cream frozen low-fat
- ☐ 0.5 teaspoon lemon zest shredded finely
- ☐ 2 firm-ripe mangoes
- ☐ 0.3 cup rum

Equipment

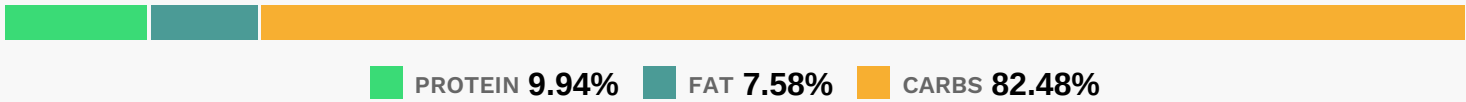
- ☐ bowl

☐ frying pan

Directions

- ☐ In a 10- to 12-inch frying pan, crush cardamom seed and lemon peel with back of a spoon.
- ☐ Add sugar and 1 cup water. Stir over high heat until sugar dissolves. Boil gently, uncovered, until syrup is reduced to 1/2 cup, 8 to 10 minutes.
- ☐ Meanwhile, cut peel off mangoes, discard pits, and cut fruit into 1/2-inch-wide slices, about 3 inches long. If making ahead, cover fruit and syrup and set aside up to 4 hours.
- ☐ Add mangoes to hot syrup and cook over high heat, turning once, until fruit is hot, 2 to 3 minutes. In a small pan (about 1-qt. size), warm rum until hot. Ignite rum and add to mangoes (not beneath a vent, fan, or flammables). Spoon mangoes and flaming syrup over frozen yogurt in bowls.

Nutrition Facts



Properties

Glycemic Index:17.94, Glycemic Load:7.26, Inflammation Score:-7, Nutrition Score:11.441304305325%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 403.67kcal (20.18%), Fat: 3.27g (5.03%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 80.1g (26.7%), Net Carbohydrates: 76.76g (27.91%), Sugar: 74.69g (82.98%), Cholesterol: 8.87mg (2.96%), Sodium: 116.08mg (5.05%), Alcohol: 5.01g (100%), Alcohol %: 1.94% (100%), Protein: 9.66g (19.31%), Manganese: 1.21mg (60.28%), Vitamin C: 39.9mg (48.37%), Calcium: 333.77mg (33.38%), Vitamin A: 1119.99IU (22.4%), Potassium: 660.48mg (18.87%), Fiber: 3.33g (13.34%), Folate: 44.81µg (11.2%), Copper: 0.15mg (7.33%), Vitamin B6: 0.14mg (7.21%), Iron: 1.25mg (6.93%), Vitamin E: 0.93mg (6.21%), Magnesium: 22.02mg (5.51%), Vitamin K: 4.35µg (4.14%), Vitamin B3: 0.77mg (3.85%), Vitamin B2: 0.05mg (2.79%), Zinc: 0.41mg (2.71%), Vitamin B1: 0.04mg (2.53%), Vitamin B5: 0.24mg (2.41%), Phosphorus: 23.34mg (2.33%), Selenium: 0.95µg (1.36%)