



## Grilled Curried Mangoes with Ginger Ice Milk



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 tablespoon curry powder
- ☐ 1 tablespoon olive oil light pure
- ☐ 4 large mangos (or 6 to 8 if they are small)
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 1 ounces coconut shredded sweetened lightly toasted

### Equipment

- ☐ bowl

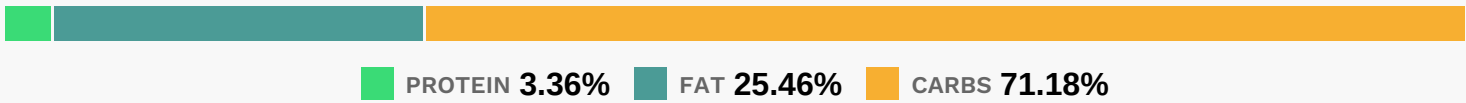
- ☐ frying pan
- ☐ knife
- ☐ grill
- ☐ stove
- ☐ spatula
- ☐ grill pan
- ☐ cutting board

## Directions

- ☐ Preheat an outdoor grill or stovetop grill pan to medium-high.
- ☐ To cut the mangoes, slice off one of the pointed ends on one of them and stand it up on a cutting board. Using a sharp knife, make a cut from top to bottom, removing one of the wide, rounded sides of the mango from the center pit but keeping the side intact. Repeat with the other side. Also cut away any of the mango flesh around the narrow edge of the pit; reserve that flesh for a fruit salad or another use.
- ☐ Peel the two halves removed from the mango, then repeat with the remaining mangoes.
- ☐ Mix the olive oil and salt in a bowl and add the mango halves. Use your hands to mix thoroughly so that all the mango pieces are evenly coated with the mixture.
- ☐ Grill the mango halves for a minute on each side, using a large spatula to turn them.
- ☐ Remove them to the jelly-roll pan.
- ☐ Mix the curry powder and sugar and evenly sprinkle half on the mango halves. Turn the mango halves over and sprinkle the remaining curry mixture on the other side.
- ☐ Return the mango halves to the grill for 30 seconds on each side.
- ☐ Remove the mangoes to the pan again.
- ☐ To assemble the dessert, place a warm grilled mango half on each of 8 dessert plates.
- ☐ Place a scoop of the Coconut Ice Milk next to it, then sprinkle with a tablespoon of the toasted coconut.
- ☐ Serving
- ☐ Serve immediately. For advance preparation, you may do the first grilling before serving time, then add the curry mixture and do the second grilling right before serving.
- ☐ Storage

- ☐ Cover and refrigerate any leftover mango halves if you are not using all
- ☐ They are also good cold.
- ☐ Perfect Light Desserts
- ☐ Reprinted with permission from Perfect Light Desserts: Fabulous Cakes, Cookies, Pies, and More Made with Real Butter, Sugar, Flour, and Eggs All Under 300 Calories Per Generous Serving by Nick Malgieri and David Joachim. Photographs by Tom Eckerle. Copyright © 2006 by Nick Malgieri and David Joachim. Published by William Morrow, an imprint of HarperCollins Publishers.

## Nutrition Facts



## Properties

Glycemic Index:15.86, Glycemic Load:10.33, Inflammation Score:-7, Nutrition Score:6.7499999378038%

## 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, 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: 115.09kcal (5.75%), Fat: 3.52g (5.41%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 22.13g (7.38%), Net Carbohydrates: 20.07g (7.3%), Sugar: 20.22g (22.47%), Cholesterol: 0mg (0%), Sodium: 83.46mg (3.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.09%), Vitamin C: 37.78mg (45.8%), Vitamin A: 1127.27IU (22.55%), Folate: 45.94µg (11.49%), Manganese: 0.19mg (9.27%), Vitamin E: 1.36mg (9.08%), Fiber: 2.06g (8.26%), Vitamin B6: 0.14mg (7.07%), Copper: 0.13mg (6.62%), Vitamin K: 6.16µg (5.87%), Potassium: 197.52mg (5.64%), Vitamin B3: 0.74mg (3.68%), Magnesium: 14.03mg (3.51%), Iron: 0.47mg (2.6%), Vitamin B2: 0.04mg (2.53%), Vitamin B5: 0.23mg (2.29%), Vitamin B1: 0.03mg (2.13%), Phosphorus: 20.9mg (2.09%), Selenium: 1.37µg (1.95%), Calcium: 15.61mg (1.56%), Zinc: 0.19mg (1.26%)