



Grilled Mango With Jalapenos

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

Ingredients

- 8 servings cayenne pepper to taste
- 8 servings jalapeno peppers and cilantro fresh thinly sliced for topping
- 8 servings kosher salt and pepper black freshly ground
- 1 lime halved
- 3 mangoes
- 0.5 cup crema mexicana (mixed sour with 2 tablespoons milk)
- 8 servings olive oil extra-virgin for drizzling

Equipment

baking sheet

grill

Directions

Preheat a grill to medium. Peel the mangoes and cut the flesh from the pit in large flat slices; lay on a baking sheet. Season the mango slices with salt, black pepper and cayenne and drizzle with olive oil. Turn the slices over and repeat.

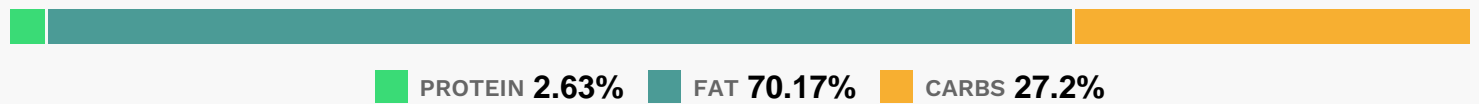
Grill the mango slices, turning once, until well marked, 2 to 3 minutes total.

Transfer to a platter and squeeze the lime juice on top.

Drizzle with the crema and top with jalapenos and cilantro.

Photograph by Yunhee Kim

Nutrition Facts



Properties

Glycemic Index:22.47, Glycemic Load:5.82, Inflammation Score:-8, Nutrition Score:7.7800001165141%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg 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: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 206.44kcal (10.32%), Fat: 16.98g (26.12%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 12.69g (4.61%), Sugar: 11.55g (12.83%), Cholesterol: 7.82mg (2.61%), Sodium: 62.84mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Vitamin C: 35.19mg (42.65%), Vitamin A: 1770.16IU (35.4%), Vitamin E: 3.42mg (22.8%), Vitamin K: 13.97µg (13.31%), Folate: 36.86µg (9.22%), Fiber: 2.12g (8.46%), Vitamin B6: 0.16mg (7.79%), Potassium: 186.9mg (5.34%), Manganese: 0.1mg (5.24%), Copper: 0.1mg (5.08%), Calcium: 38.75mg (3.87%), Vitamin B3: 0.74mg (3.72%), Vitamin B2: 0.05mg (3.03%), Magnesium: 11.85mg (2.96%), Iron: 0.42mg (2.36%), Vitamin B1: 0.03mg (2.13%), Phosphorus: 19.04mg (1.9%), Vitamin B5: 0.18mg (1.8%)