

Honeyed Mangoes



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons rum dark
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated
- ☐ 3 pounds mangos ripe peeled sliced

Equipment

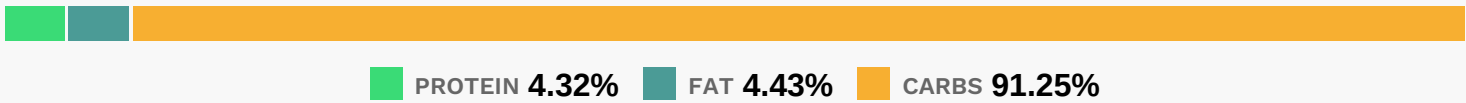
- ☐ bowl

☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a medium nonstick skillet; cook over medium-high heat 1 minute, stirring occasionally.
- ☐ Add mango; cook 3 minutes, stirring occasionally. Divide mango evenly among 6 bowls; spoon remaining rum mixture over mango.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:18.74, Inflammation Score:-9, Nutrition Score:12.856956575228%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 175.46kcal (8.77%), Fat: 0.86g (1.33%), Saturated Fat: 0.21g (1.31%), Carbohydrates: 40.05g (13.35%), Net Carbohydrates: 36.37g (13.23%), Sugar: 36.86g (40.96%), Cholesterol: 0mg (0%), Sodium: 2.68mg (0.12%), Alcohol: 2.51g (100%), Alcohol %: 1.3% (100%), Protein: 1.89g (3.79%), Vitamin C: 83.39mg (101.08%), Vitamin A: 2455.39IU (49.11%), Folate: 97.93µg (24.48%), Fiber: 3.68g (14.72%), Vitamin E: 2.05mg (13.65%), Vitamin B6: 0.27mg (13.64%), Copper: 0.26mg (12.84%), Potassium: 388.08mg (11.09%), Vitamin K: 9.55µg (9.1%), Manganese: 0.16mg (7.88%), Vitamin B3: 1.53mg (7.66%), Magnesium: 23.05mg (5.76%), Vitamin B2: 0.09mg (5.27%), Vitamin B5: 0.46mg (4.55%), Vitamin B1: 0.06mg (4.31%), Phosphorus: 32.74mg (3.27%), Calcium: 26.19mg (2.62%), Iron: 0.4mg (2.23%), Selenium: 1.42µg (2.03%), Zinc: 0.23mg (1.5%)