



Mamey Coulis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 garlic clove pressed
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons onion diced
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup water

- ☐ 1 cup mamey peeled seeded chopped
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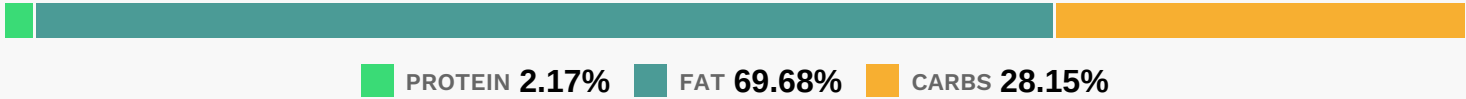
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Heat oil in a saucepan over medium heat until hot. Saut mamey, onion, and garlic 5 minutes.
- ☐ Add water, wine, and bay leaf; bring to a boil. Reduce heat and simmer, uncovered, 10 minutes or until tender.
- ☐ Remove and discard bay leaf.
- ☐ Pour mixture into a food processor or blender, cover, and process until smooth.
- ☐ Pour through a wire-mesh strainer into a bowl; stir in lime juice and salt.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:0.78739130205434%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 46.41kcal (2.32%), Fat: 2.01g (3.1%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.57g (0.63%), Cholesterol: 0mg (0%), Sodium: 294.85mg (12.82%), Alcohol: 3.09g (100%), Alcohol %: 4.52% (100%), Protein: 0.14g (0.28%), Manganese: 0.06mg (2.88%), Vitamin C: 1.74mg (2.11%), Vitamin E: 0.3mg (1.99%), Vitamin B6: 0.03mg (1.61%), Vitamin K: 1.38µg (1.31%), Magnesium: 4.47mg (1.12%), Potassium: 36.21mg (1.03%)