



Mango Apricot Glaze

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



286 kcal

SIDE DISH

Ingredients

- 4 apricots fresh pitted chopped
- 1 tablespoon ginger root fresh chopped
- 1 tablespoon honey
- 1 tablespoon juice of lime fresh
- 2 mangoes ripe peeled chopped
- 0.5 cup sugar raw
- 1.5 cups rice wine vinegar

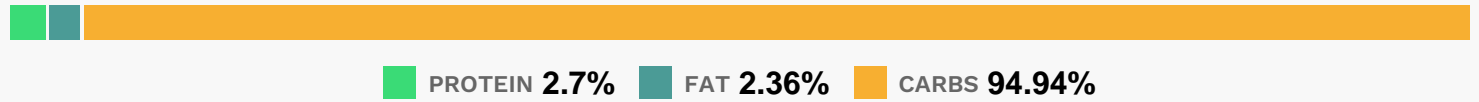
Equipment

- food processor
- sauce pan
- blender

Directions

- Bring the rice vinegar and sugar to a boil in a saucepan until the sugar dissolves. Cook over medium heat for 10 minutes, stirring constantly. Stir in the mangoes, apricots, and ginger; cook, stirring occasionally, until the fruit is soft and beginning to break apart, about 10 more minutes.
- Transfer the mixture to a blender or food processor and add the honey and lime juice. Process until smooth.

Nutrition Facts



Properties

Glycemic Index:70.23, Glycemic Load:14.43, Inflammation Score:-9, Nutrition Score:10.620000165442%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg, Catechin: 4.09mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 285.55kcal (14.28%), Fat: 0.73g (1.12%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 65.8g (21.93%), Net Carbohydrates: 62.58g (22.76%), Sugar: 62.2g (69.11%), Cholesterol: 0mg (0%), Sodium: 6.08mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin C: 56.55mg (68.55%), Vitamin A: 2394.46IU (47.89%), Folate: 64.44µg (16.11%), Fiber: 3.22g (12.89%), Vitamin E: 1.67mg (11.16%), Manganese: 0.22mg (11.01%), Potassium: 384.1mg (10.97%), Copper: 0.21mg (10.47%), Vitamin B6: 0.2mg (9.84%), Vitamin K: 7.37µg (7.02%),

Vitamin B3: 1.24mg (6.18%), Magnesium: 21.95mg (5.49%), Vitamin B2: 0.08mg (4.43%), Vitamin B5: 0.4mg (4%), Phosphorus: 37.26mg (3.73%), Vitamin B1: 0.05mg (3.63%), Calcium: 34.39mg (3.44%), Iron: 0.61mg (3.4%), Selenium: 1.59µg (2.27%), Zinc: 0.27mg (1.78%)