



## Mango-Butter Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



5

CALORIES



161 kcal

SAUCE

### Ingredients

- 0.3 cup butter cut into pieces
- 2 mangoes ripe peeled chopped
- 0.3 cup orange juice freshly squeezed
- 2 tablespoons rice wine vinegar
- 0.5 teaspoon salt
- 1 large shallots minced
- 0.5 cup cooking sherry
- 0.1 teaspoon pepper white

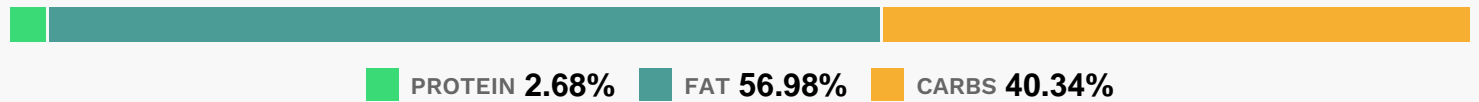
## Equipment

- sauce pan
- whisk
- blender

## Directions

- Combine sherry and shallot in a medium saucepan. Cook over medium-high heat about 4 minutes or until reduced to 2 tablespoons.
- Meanwhile, combine mangoes, orange juice, and vinegar in a blender. Process until smooth.
- Add pureed mango mixture to sherry reduction, and reduce heat to medium.
- Cook 3 to 5 minutes or until mixture is slightly thickened.
- Remove from heat.
- Whisk in butter, 1 piece at a time, until thoroughly blended. Stir in salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:49.75, Glycemic Load:6.7, Inflammation Score:-7, Nutrition Score:6.1299999434015%

## 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 Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg, Catechin: 1.61mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg, Hesperetin: 1.58mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 161.22kcal (8.06%), Fat: 9.55g (14.69%), Saturated Fat: 5.91g (36.96%), Carbohydrates: 15.22g (5.07%), Net Carbohydrates: 13.69g (4.98%), Sugar: 13.02g (14.46%), Cholesterol: 24.4mg (8.13%), Sodium: 308.41mg (13.41%), Alcohol: 2.47g (100%), Alcohol %: 2.2% (100%), Protein: 1.01g (2.02%), Vitamin C: 36.75mg (44.55%), Vitamin A: 1204.53IU (24.09%), Folate: 41.61µg (10.4%), Vitamin E: 1.02mg (6.77%), Vitamin B6: 0.13mg (6.66%), Fiber: 1.52g (6.09%), Potassium: 200.58mg (5.73%), Copper: 0.1mg (5.19%), Manganese: 0.1mg (5.14%), Vitamin K: 4.42µg (4.21%), Magnesium: 13.44mg (3.36%), Vitamin B3: 0.64mg (3.22%), Vitamin B1: 0.04mg (2.61%), Vitamin B2: 0.04mg (2.57%), Phosphorus: 24.09mg (2.41%), Vitamin B5: 0.22mg (2.24%), Calcium: 17.87mg (1.79%), Iron: 0.3mg (1.64%), Selenium: 0.74µg (1.06%)