



## Mango Coconut Sauce



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



399 kcal

SAUCE

### Ingredients

- ☐ 0.8 cup coconut milk
- ☐ 0.8 cup heavy cream
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 mangoes pitted peeled cut into 1-inch chunks

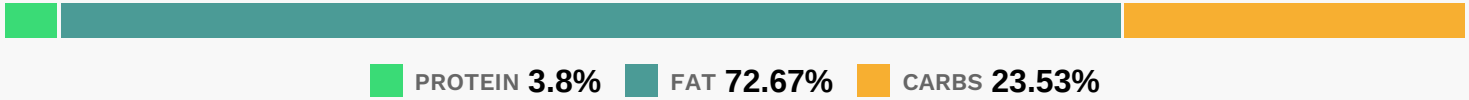
### Equipment

- ☐ sauce pan
- ☐ blender

# Directions

- ☐ Place the mangoes into a blender, and blend until smooth.
- ☐ Pour the mango puree, coconut milk, heavy cream, and lime juice into a saucepan and blend thoroughly; bring to a boil over medium heat.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:49.58, Glycemic Load:11.11, Inflammation Score:-9, Nutrition Score:13.239130284475%

## 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: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 398.9kcal (19.95%), Fat: 34.06g (52.4%), Saturated Fat: 24.5g (153.12%), Carbohydrates: 24.82g (8.27%), Net Carbohydrates: 22.57g (8.21%), Sugar: 20.81g (23.12%), Cholesterol: 67.24mg (22.41%), Sodium: 24.99mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin C: 54.15mg (65.64%), Vitamin A: 2372.81IU (47.46%), Manganese: 0.52mg (26.16%), Folate: 70.63µg (17.66%), Copper: 0.29mg (14.42%), Potassium: 424.36mg (12.12%), Vitamin E: 1.81mg (12.08%), Iron: 2.15mg (11.97%), Magnesium: 44.76mg (11.19%), Phosphorus: 109.47mg (10.95%), Vitamin B6: 0.2mg (10.23%), Vitamin B2: 0.17mg (9.75%), Fiber: 2.25g (8.99%), Vitamin K: 7.76µg (7.39%), Vitamin B3: 1.34mg (6.68%), Calcium: 66.02mg (6.6%), Vitamin D: 0.95µg (6.35%), Vitamin B5: 0.52mg (5.22%), Vitamin B1: 0.07mg (4.36%), Zinc: 0.59mg (3.94%), Selenium: 2.62µg (3.75%), Vitamin B12: 0.1µg (1.59%)