



Mango Compote with Cilantro-Mint Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



388 kcal

SAUCE

Ingredients

- ☐ 2 cups plus light
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 0.3 cup mint leaves fresh
- ☐ 2 cups mangos diced
- ☐ 1 cup sugar
- ☐ 1 cup white wine

Equipment

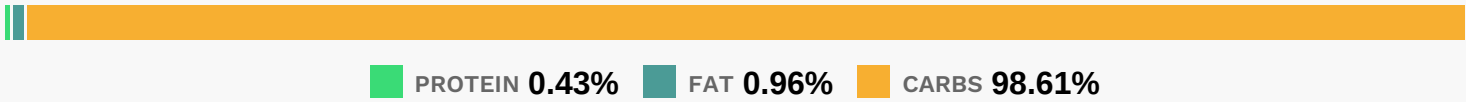
- ☐ sauce pan

- ☐ blender
- ☐ measuring cup

Directions

- ☐ Combine mango, wine, and sugar in a saucepan, and simmer 5 minutes.
- ☐ Drain mango; chill.
- ☐ Blanch mint and cilantro in boiling water 10 seconds, and drain. Plunge herbs in ice water, and drain.
- ☐ Combine herbs and corn syrup in a blender, and puree.
- ☐ To serve, press mango into 1/4-cup measuring cup and turn over onto serving plate with cake slices.
- ☐ Drizzle with herb syrup.

Nutrition Facts



Properties

Glycemic Index:23.48, Glycemic Load:32.87, Inflammation Score:-5, Nutrition Score:3.3539130532223%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg, Hesperetin: 0.26mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 387.96kcal (19.4%), Fat: 0.42g (0.65%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 97.57g (32.52%), Net Carbohydrates: 96.78g (35.19%), Sugar: 96.37g (107.07%), Cholesterol: 0mg (0%), Sodium: 55.68mg (2.42%), Alcohol: 3.09g (100%), Alcohol %: 2.14% (100%), Protein: 0.42g (0.85%), Vitamin C: 15.6mg (18.91%), Vitamin A:

539.8IU (10.8%), Folate: 19.95µg (4.99%), Vitamin B1: 0.06mg (4.32%), Manganese: 0.08mg (4.04%), Vitamin B6: 0.07mg (3.33%), Vitamin K: 3.4µg (3.24%), Fiber: 0.79g (3.15%), Zinc: 0.47mg (3.13%), Potassium: 102.56mg (2.93%), Copper: 0.05mg (2.72%), Vitamin E: 0.38mg (2.56%), Magnesium: 9.23mg (2.31%), Calcium: 22.32mg (2.23%), Vitamin B2: 0.03mg (1.73%), Vitamin B3: 0.34mg (1.69%), Selenium: 1.03µg (1.47%), Iron: 0.24mg (1.33%), Phosphorus: 12.44mg (1.24%), Vitamin B5: 0.1mg (1.02%)