

Mango Coulis



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup mangos ripe cubed peeled
- ☐ 0.5 cup orange juice fresh

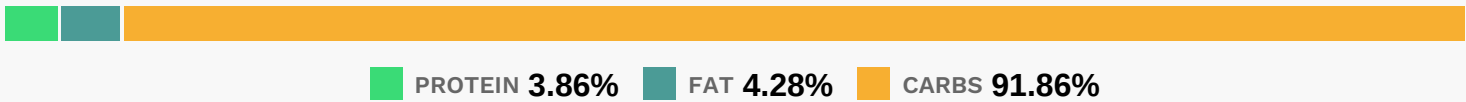
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine all ingredients in a blender; process until smooth.
- ☐ Pour through a sieve over a bowl. Reserve liquid; discard solids.

Nutrition Facts



Properties

Glycemic Index:61.51, Glycemic Load:6.08, Inflammation Score:-4, Nutrition Score:3.5078260276629%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 4.25mg, Hesperetin: 4.25mg, Hesperetin: 4.25mg, Hesperetin: 4.25mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 50.94kcal (2.55%), Fat: 0.26g (0.41%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 12.02g (4.37%), Sugar: 11.29g (12.55%), Cholesterol: 0mg (0%), Sodium: 3.05mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Vitamin C: 28.3mg (34.3%), Vitamin A: 435.2IU (8.7%), Folate: 23.64µg (5.91%), Potassium: 125.29mg (3.58%), Manganese: 0.06mg (2.99%), Fiber: 0.74g (2.97%), Vitamin B6: 0.06mg (2.77%), Copper: 0.05mg (2.71%), Vitamin B1: 0.04mg (2.56%), Vitamin E: 0.35mg (2.31%), Magnesium: 7.49mg (1.87%), Vitamin B3: 0.36mg (1.81%), Vitamin B2: 0.03mg (1.47%), Vitamin K: 1.5µg (1.43%), Vitamin B5: 0.13mg (1.3%), Phosphorus: 10.97mg (1.1%), Calcium: 10.07mg (1.01%), Iron: 0.18mg (1.01%)