



Mango Crisp

READY IN



45 min.

SERVINGS



8

CALORIES



581 kcal

DESSERT

Ingredients

- ☐ 0.3 lb butter melted
- ☐ 2.5 tablespoons cornstarch
- ☐ 1.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup macadamia nuts coarsely chopped
- ☐ 1 can apricot-mango nectar (12 oz.;
- ☐ 8 cups mangos fresh frozen thawed peeled (1 in.) (7 to 8 lb. total) ()

- ☐ 0.5 cup maple syrup
- ☐ 1.5 cups oats
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

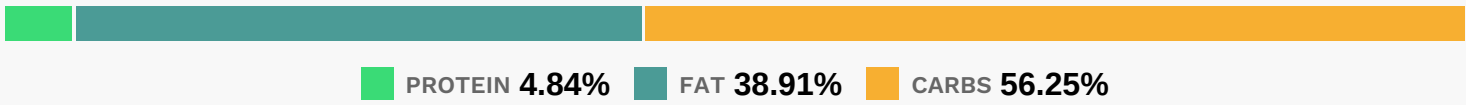
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ In a 3- to 4-quart pan, mix sugar and cornstarch.
- ☐ Add mango nectar and stir until blended. Stir over high heat until mixture boils, about 3 minutes.
- ☐ Remove from heat and stir in lemon peel and juice.
- ☐ Add mangoes and mix gently to coat.
- ☐ Pour into a shallow 2 1/2- to 3-quart baking dish.
- ☐ In a bowl, mix oats, flour, nuts, ginger, and salt.
- ☐ Add syrup and butter and stir until blended. Distribute mixture evenly over mangoes. Set dish in a foil-lined 10- by 15-inch baking pan.
- ☐ Bake in a 375 oven until topping is golden brown, 30 to 40 minutes.
- ☐ Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:38.74, Inflammation Score:-9, Nutrition Score:22.999130535385%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 581.12kcal (29.06%), Fat: 26.1g (40.15%), Saturated Fat: 9.67g (60.46%), Carbohydrates: 84.89g (28.3%), Net Carbohydrates: 78.45g (28.53%), Sugar: 48.99g (54.43%), Cholesterol: 30.48mg (10.16%), Sodium: 171.87mg (7.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.3g (14.6%), Manganese: 2.03mg (101.27%), Vitamin C: 67.39mg (81.68%), Vitamin A: 2416.6IU (48.33%), Vitamin B1: 0.52mg (34.41%), Folate: 124.2µg (31.05%), Vitamin B2: 0.49mg (29%), Fiber: 6.44g (25.76%), Selenium: 14.43µg (20.61%), Copper: 0.41mg (20.6%), Magnesium: 70.62mg (17.65%), Iron: 2.83mg (15.72%), Vitamin B3: 3.14mg (15.71%), Phosphorus: 147.15mg (14.72%), Vitamin B6: 0.28mg (13.82%), Vitamin E: 2.07mg (13.8%), Potassium: 481.47mg (13.76%), Zinc: 1.25mg (8.36%), Vitamin K: 8.62µg (8.21%), Vitamin B5: 0.77mg (7.72%), Calcium: 76.71mg (7.67%)