



Mango Gratin



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 teaspoons butter
- ☐ 1 juice of lime grated
- ☐ 1 large mangos ripe
- ☐ 0.5 cup vanilla yogurt

Equipment

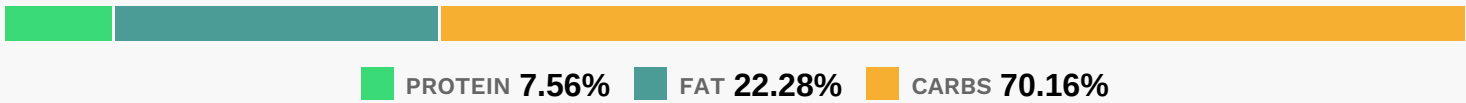
- ☐ knife
- ☐ ramekin

☐ broiler

Directions

- ☐ Heat broiler. Using a heavy, sharp knife, slice the mango lengthwise around each side of the pit.
- ☐ Remove the skin and cut the fruit into bite-size pieces. Divide between 2 small ramekins and stir in the lime zest. Top with the yogurt and brown sugar and dot with the butter. Spritz with the lime juice. Broil 2 to 3 minutes or just until the topping melts and browns.

Nutrition Facts



Properties

Glycemic Index:50.88, Glycemic Load:7.18, Inflammation Score:-8, Nutrition Score:8.9873912645423%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 199.36kcal (9.97%), Fat: 5.22g (8.04%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 37.02g (12.34%), Net Carbohydrates: 35.3g (12.84%), Sugar: 34.53g (38.36%), Cholesterol: 13.81mg (4.6%), Sodium: 77.27mg (3.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin C: 42.66mg (51.71%), Vitamin A: 1278.66IU (25.57%), Folate: 53.01µg (13.25%), Calcium: 129.38mg (12.94%), Phosphorus: 100.96mg (10.1%), Vitamin B2: 0.17mg (9.79%), Potassium: 342.73mg (9.79%), Vitamin B6: 0.16mg (8.07%), Vitamin E: 1.09mg (7.28%), Fiber: 1.72g (6.86%), Copper: 0.13mg (6.63%), Vitamin B5: 0.58mg (5.82%), Magnesium: 22.53mg (5.63%), Vitamin B12: 0.33µg (5.55%), Selenium: 3.83µg (5.47%), Vitamin K: 4.85µg (4.62%), Zinc: 0.62mg (4.14%), Vitamin B3: 0.79mg (3.97%), Vitamin B1: 0.06mg (3.91%), Manganese: 0.08mg (3.9%), Iron: 0.31mg (1.71%)