



Mango in Ginger-Mint Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 2 inch gingerroot fresh
- ☐ 0.3 cup mint leaves fresh packed
- ☐ 1 pound firm-ripe mango
- ☐ 4 servings garnish: mint sprigs fresh
- ☐ 0.3 cup sugar
- ☐ 1 cup water

Equipment

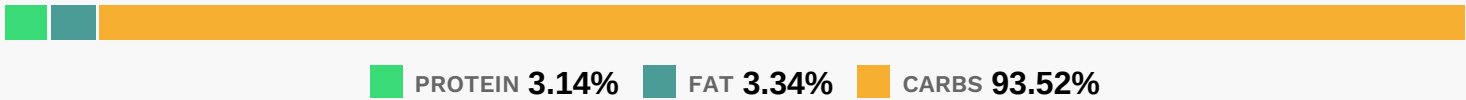
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Thinly slice gingerroot and in a saucepan bring to a boil with water and sugar. Simmer mixture 5 minutes and remove pan from heat. Stir in mint and let steep 5 minutes.
- ☐ Pour syrup through a sieve into a bowl and cool completely.
- ☐ Peel mango and thinly slice. Stir mango into syrup. Chill mixture 30 minutes.
- ☐ Garnish mango with mint.
- ☐ Each serving about 119 calories and less than 1 gram fat.
- ☐ Gourmet

Nutrition Facts



Properties

Glycemic Index:34.21, Glycemic Load:19.58, Inflammation Score:-8, Nutrition Score:7.3960870556209%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg 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: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Eriodictyol: 1.47mg, Eriodictyol: 1.47mg, Eriodictyol: 1.47mg, Eriodictyol: 1.47mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 138.33kcal (6.92%), Fat: 0.56g (0.85%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 32.67g (11.88%), Sugar: 32.23g (35.81%), Cholesterol: 0mg (0%), Sodium: 6.19mg (0.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin C: 42.96mg (52.08%), Vitamin A: 1428.75IU (28.57%), Folate: 54.56µg (13.64%), Fiber: 2.26g (9.06%), Copper: 0.16mg (8%), Vitamin B6: 0.15mg (7.33%), Vitamin E: 1.03mg (6.86%), Manganese: 0.14mg (6.8%), Potassium: 232.39mg (6.64%), Vitamin K: 4.77µg (4.54%),

Vitamin B3: 0.87mg (4.33%), Magnesium: 17.24mg (4.31%), Vitamin B2: 0.06mg (3.53%), Calcium: 26.52mg (2.65%),
Iron: 0.45mg (2.51%), Vitamin B5: 0.25mg (2.47%), Vitamin B1: 0.04mg (2.43%), Phosphorus: 20.53mg (2.05%),
Zinc: 0.17mg (1.16%), Selenium: 0.8µg (1.15%)