



Mango Macadamia Crisp

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

DESSERT

Ingredients

- 1.5 teaspoons brown sugar
- 2 teaspoons butter melted
- 3 tablespoons butter
- 2 teaspoons cornstarch
- 0.3 cup flour all-purpose
- 0.3 cup granulated sugar
- 3 tablespoons granulated sugar
- 0.5 teaspoon ground ginger

- 3 tablespoons juice of lime fresh
- 3 tablespoons macadamia nuts chopped
- 4 pounds mangos ripe peeled chopped

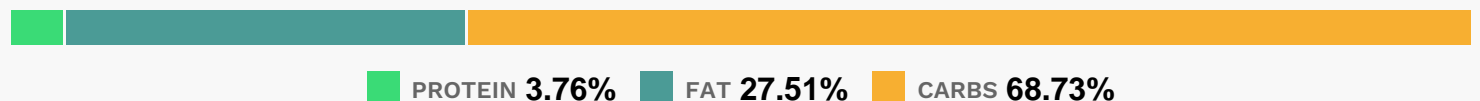
Equipment

- oven
- knife
- whisk
- blender
- baking pan
- measuring cup

Directions

- Preheat oven to 40
- Combine 1/4 cup granulated sugar and cornstarch, stirring well with a whisk.
- Add mango, juice, and 2 teaspoons melted butter, and toss gently to combine.
- Place mango mixture in an 8-inch square baking dish coated with cooking spray.
- To prepare topping, lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, 3 tablespoons of granulated sugar, brown sugar, and ginger, stirring well.
- Cut in 3 tablespoons butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in nuts.
- Sprinkle flour mixture evenly over mango mixture.
- Bake at 400 for 40 minutes or until browned.

Nutrition Facts



Properties

Glycemic Index:47.12, Glycemic Load:26.13, Inflammation Score:-9, Nutrition Score:14.735652205737%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 276.53kcal (13.83%), Fat: 9.07g (13.95%), Saturated Fat: 4.01g (25.09%), Carbohydrates: 50.98g (16.99%), Net Carbohydrates: 46.84g (17.03%), Sugar: 42.82g (47.57%), Cholesterol: 13.98mg (4.66%), Sodium: 44.86mg (1.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.57%), Vitamin C: 84.29mg (102.17%), Vitamin A: 2619.22IU (52.38%), Folate: 108.25µg (27.06%), Manganese: 0.38mg (18.86%), Fiber: 4.14g (16.55%), Vitamin E: 2.23mg (14.85%), Copper: 0.29mg (14.55%), Vitamin B6: 0.29mg (14.3%), Potassium: 411.41mg (11.75%), Vitamin B1: 0.15mg (10.07%), Vitamin B3: 1.94mg (9.71%), Vitamin K: 10.03µg (9.55%), Magnesium: 29.63mg (7.41%), Vitamin B2: 0.12mg (7.25%), Vitamin B5: 0.51mg (5.14%), Selenium: 3.49µg (4.98%), Phosphorus: 47.08mg (4.71%), Iron: 0.79mg (4.37%), Calcium: 32.15mg (3.21%), Zinc: 0.31mg (2.04%)