



Mango-Masala Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

SAUCE

Ingredients

- ☐ 1 tablespoon hopped jalapeño chili pepper fresh
- ☐ 1.5 teaspoons curry powder
- ☐ 2 tablespoons juice of lime
- ☐ 0.8 lb firm-ripe mango
- ☐ 4 servings salt to taste

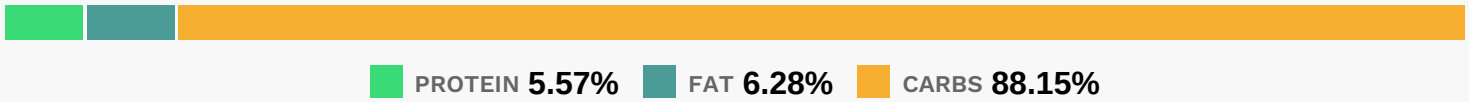
Equipment

- ☐ blender

Directions

- ☐ Peel and pit 1 firm-ripe mango (about 3/4 lb.).
- ☐ Cut mango into chunks. In a blender combine mango, 1 tablespoon chopped fresh jalapeo chili, 1 1/2 teaspoons garam masala or curry powder, and 2 tablespoons lime juice; whirl until pured.
- ☐ Add salt to taste. If making sauce up to 1 day ahead, cover and chill.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:6.03, Inflammation Score:-7, Nutrition Score:5.8804347774257%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg 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: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 56.84kcal (2.84%), Fat: 0.45g (0.69%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 12.46g (4.53%), Sugar: 12g (13.33%), Cholesterol: 0mg (0%), Sodium: 195.52mg (8.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.79%), Vitamin C: 38.68mg (46.89%), Vitamin A: 967.07IU (19.34%), Folate: 39.34µg (9.83%), Fiber: 1.7g (6.78%), Vitamin B6: 0.13mg (6.58%), Vitamin E: 0.97mg (6.48%), Copper: 0.11mg (5.38%), Potassium: 175.34mg (5.01%), Manganese: 0.09mg (4.73%), Vitamin K: 4.89µg (4.66%), Vitamin B3: 0.65mg (3.26%), Magnesium: 11.88mg (2.97%), Vitamin B2: 0.04mg (2.28%), Iron: 0.41mg (2.25%), Vitamin B1: 0.03mg (2.02%), Vitamin B5: 0.18mg (1.84%), Phosphorus: 17.19mg (1.72%), Calcium: 14.64mg (1.46%)