



Mango-Papaya Vinegar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



30 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 3 inch mango wedges peeled
- ☐ 0.5 cup mint sprigs crushed
- ☐ 4 mint sprigs
- ☐ 6 slices papaya peeled (1/2-inch-thick)
- ☐ 1 cup rice vinegar
- ☐ 1 tablespoon sugar

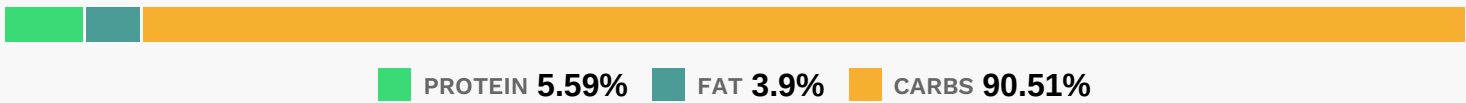
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Combine first 5 ingredients in a widemouthed jar; cover and let stand 2 weeks in a cool, dark place, gently shaking jar occasionally.
- ☐ Strain the vinegar mixture through a cheesecloth-lined sieve into a glass measure or medium bowl, and discard solids.
- ☐ Combine vinegar mixture and sugar in a small nonaluminum saucepan, and cook over low heat 5 minutes or until sugar dissolves. Cool.
- ☐ Pour into a decorative bottle; add mint sprigs. Seal with a cork or other airtight lid, and store in a cool, dark place.

Nutrition Facts



Properties

Glycemic Index:61.4, Glycemic Load:2.33, Inflammation Score:-3, Nutrition Score:1.5295652338992%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg

Nutrients (% of daily need)

Calories: 29.85kcal (1.49%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 3.94g (1.43%), Sugar: 3.41g (3.78%), Cholesterol: 0mg (0%), Sodium: 3.56mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin A: 316.29IU (6.33%), Manganese: 0.12mg (5.8%), Vitamin C: 3.74mg (4.53%), Fiber: 0.6g (2.38%), Folate: 8.98µg (2.25%), Calcium: 20.54mg (2.05%), Iron: 0.37mg (2.04%), Magnesium: 6.66mg (1.66%), Copper: 0.03mg (1.49%), Potassium: 47.04mg (1.34%), Vitamin B2: 0.02mg (1.15%)