



Mango Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



5 kcal

SAUCE

Ingredients

- 1.5 teaspoons sriracha
- 1 tablespoon fish sauce
- 0.5 teaspoon garlic powder
- 1.5 teaspoons brown sugar light
- 1.5 teaspoons juice of lime fresh
- 1.3 cups mangos ripe peeled chopped (1 large)

Equipment

- bowl

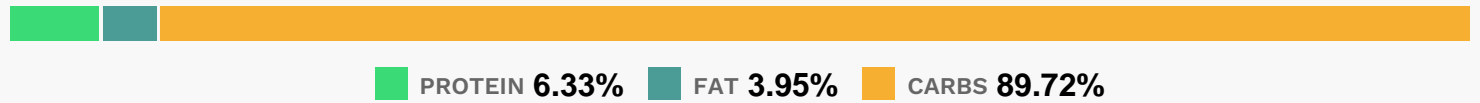
blender

Directions

Place 1 1/4 cups chopped peeled ripe mango (about 1 large), 1 tablespoon fish sauce, 1 1/2 teaspoons light brown sugar, 1/2 teaspoon garlic powder, 1 1/2 teaspoons chili garlic sauce*, and 1 1/2 teaspoons fresh lime juice in a blender; process 30 seconds or until smooth. Spoon into a small serving bowl.

* Check for gluten

Nutrition Facts



Properties

Glycemic Index:1.77, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:0.4182608694486%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg

Nutrients (% of daily need)

Calories: 5.26kcal (0.26%), Fat: 0.03g (0.04%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.16g (0.42%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 55.82mg (2.43%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin C: 2.42mg (2.93%), Vitamin A: 69.92IU (1.4%)