

Mango Topping

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



3

CALORIES



149 kcal

SIDE DISH

Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon butter
- 1 teaspoon juice of lemon
- 3 cups mangos peeled seeded chopped
- 1 teaspoon orange juice
- 3 tablespoons water

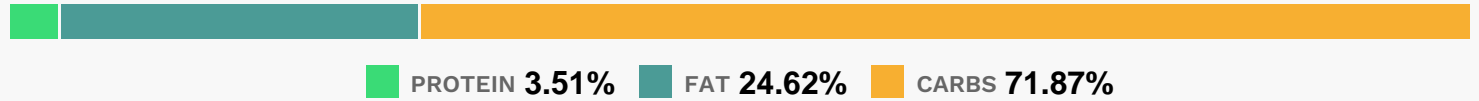
Equipment

- sauce pan

Directions

- In a saucepan over medium heat, combine the mangoes, butter, brown sugar, lemon juice, orange juice, and water. Stir until the mixture thickens.
- Remove from heat and serve.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:11.57, Inflammation Score:-9, Nutrition Score:9.6569566001063%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg, Hesperetin: 0.52mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 149.08kcal (7.45%), Fat: 4.42g (6.8%), Saturated Fat: 2.55g (15.95%), Carbohydrates: 29.03g (9.68%), Net Carbohydrates: 26.38g (9.59%), Sugar: 26.73g (29.7%), Cholesterol: 10.03mg (3.34%), Sodium: 33.57mg (1.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin C: 61.87mg (75%), Vitamin A: 1906.69IU (38.13%), Folate: 72.16µg (18.04%), Vitamin E: 1.6mg (10.64%), Fiber: 2.65g (10.6%), Vitamin B6: 0.2mg (9.99%), Copper: 0.19mg (9.44%), Potassium: 290.02mg (8.29%), Vitamin K: 7.26µg (6.91%), Vitamin B3: 1.12mg (5.61%), Manganese: 0.11mg (5.35%), Magnesium: 17.46mg (4.36%), Vitamin B2: 0.07mg (3.84%), Vitamin B5: 0.34mg (3.42%), Vitamin B1: 0.05mg (3.26%), Phosphorus: 24.91mg (2.49%), Calcium: 23.4mg (2.34%), Iron: 0.3mg (1.66%), Selenium: 1.09µg (1.56%), Zinc: 0.16mg (1.05%)