



Mango with Ginger-Mint Syrup

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

Ingredients

- 2 inch ginger fresh thinly sliced
- 0.3 cup mint leaves fresh packed
- 2 mangoes pitted ripe peeled thinly sliced
- 0.5 cup sugar
- 4 servings vanilla yogurt for serving
- 1 cup water

Equipment

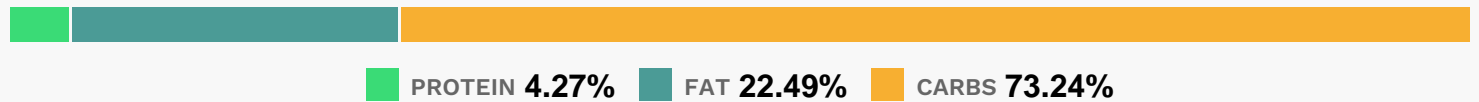
- bowl

sauce pan

Directions

- Bring water and sugar to a boil in a saucepan and cook until sugar is melted, stirring occasionally.
- Add the ginger and cook for 1 minute.
- Remove from the heat, stir in the mint and steep for 5 minutes.
- Place the mango in a bowl, strain the syrup mixture over the mango, cover, and let chill in the refrigerator for 30 minutes.
- Serve over ice cream or topped with vanilla yogurt.

Nutrition Facts



Properties

Glycemic Index:49.46, Glycemic Load:33.93, Inflammation Score:-8, Nutrition Score:9.1143477325854%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 299.74kcal (14.99%), Fat: 7.79g (11.98%), Saturated Fat: 4.59g (28.69%), Carbohydrates: 57.04g (19.01%), Net Carbohydrates: 54.63g (19.86%), Sugar: 53.18g (59.09%), Cholesterol: 29.04mg (9.68%), Sodium: 58.37mg (2.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin C: 39.14mg (47.44%), Vitamin A: 1517.2IU (30.34%), Folate: 51.4µg (12.85%), Vitamin B2: 0.21mg (12.42%), Calcium: 105.28mg (10.53%), Fiber: 2.41g (9.65%), Potassium: 336.25mg (9.61%), Phosphorus: 87.03mg (8.7%), Vitamin B6: 0.16mg (8.2%), Copper: 0.16mg (7.92%), Vitamin E: 1.14mg (7.59%), Vitamin B5: 0.6mg (6.04%), Magnesium: 23.94mg (5.98%), Manganese: 0.11mg (5.63%), Vitamin K: 4.55µg (4.33%), Vitamin B12: 0.26µg (4.29%), Vitamin B3: 0.84mg (4.22%), Zinc: 0.6mg (4%), Vitamin B1: 0.06mg (3.95%), Selenium: 1.98µg (2.83%), Iron: 0.4mg (2.23%)