

Mangoes Flambé



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup rum dark
- ☐ 4 pound firm-ripe mangoes
- ☐ 6 tablespoons turbinado sugar such as sugar in the raw

Equipment

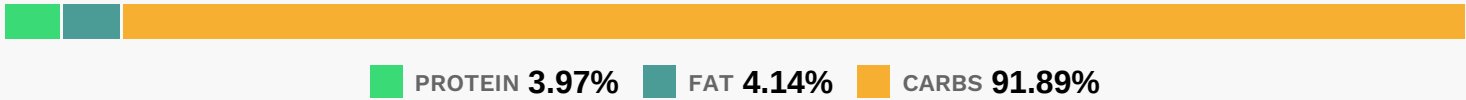
- ☐ sauce pan
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Wash and dry mangoes.
- ☐ Remove 2 flat sides of each mango with a sharp knife, cutting lengthwise alongside pit and cutting as close to pit as possible so that mango flesh is in 2 large pieces (reserve remaining fruit for another use). Make a crosshatch pattern with a small sharp knife, cutting across fruit down to skin at 1/2-inch intervals and being careful not to pierce through. Grasp fruit at both ends and turn inside out to make flesh side convex.
- ☐ Arrange fruit, skin side down, in a large shallow baking pan lined with foil and sprinkle evenly with 4 tablespoons turbinado sugar (total). Broil 5 inches from heat until fruit is golden brown (it will not brown evenly), about 5 minutes. Arrange fruit on a large platter.
- ☐ Cook rum with remaining sugar in a small saucepan over moderately low heat, stirring, until sugar is dissolved.
- ☐ Remove from heat, then carefully ignite rum with a kitchen match and pour, still flaming, over warm mangoes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.69, Glycemic Load:31.45, Inflammation Score:-10, Nutrition Score:21.20434782816%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Catechin: 7.8mg, Catechin: 7.8mg, Catechin: 7.8mg, Catechin: 7.8mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg

Nutrients (% of daily need)

Calories: 390.18kcal (19.51%), Fat: 1.72g (2.65%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 86g (28.67%), Net Carbohydrates: 78.75g (28.63%), Sugar: 80g (88.88%), Cholesterol: 0mg (0%), Sodium: 5.28mg (0.23%), Alcohol: 6.68g (100%), Alcohol %: 1.72% (100%), Protein: 3.72g (7.44%), Vitamin C: 165.11mg (200.13%), Vitamin A: 4907.87IU (98.16%), Folate: 195.04µg (48.76%), Fiber: 7.26g (29.03%), Vitamin E: 4.08mg (27.22%), Vitamin B6: 0.54mg (27%), Copper: 0.51mg (25.47%), Potassium: 767.66mg (21.93%), Vitamin K: 19.05µg (18.14%), Vitamin B3: 3.04mg (15.19%), Manganese: 0.3mg (14.88%), Magnesium: 45.72mg (11.43%), Vitamin B2: 0.17mg (10.19%), Vitamin B5: 0.89mg (8.94%), Vitamin B1: 0.13mg (8.55%), Phosphorus: 64.48mg (6.45%), Calcium: 52.06mg (5.21%), Iron: 0.8mg (4.45%), Selenium: 2.72µg (3.89%), Zinc: 0.42mg (2.81%)