


Mangoes with Rum and Ice Cream


 **Gluten Free**  **Dairy Free**

READY IN




45 min.

SERVINGS



4

CALORIES



271 kcal

ANTIPASTI STARTER SNACK APPETIZER

Ingredients

- 2 mangos ripe
- 3 tablespoons sugar
- 2 tablespoons rum dark
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- 3 tablespoons juice of lime fresh (or a mix of lemon and lime)
- 1 tablespoon lime zest grated
- 4 servings whipped cream

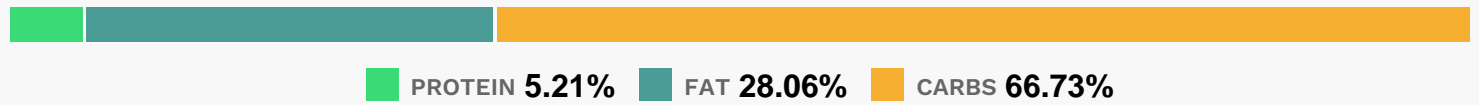
Equipment

bowl

Directions

- Peel the mangoes and make sure that all green colored flesh is removed.
- Remove all the mangoes around the pit and slice the mango into inch thick pieces. Discard the pit.
- Combine the sugar, dark rum, grated rind and lemon-lime juice in a bowl and mix well.
- Add the mango pieces to it and gently mix.
- Chill for a couple of hours.
- Serve alone in chilled glasses or over vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:61.21, Glycemic Load:22.72, Inflammation Score:-8, Nutrition Score:8.7978260869565%

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: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 271.28kcal (13.56%), Fat: 7.69g (11.84%), Saturated Fat: 4.58g (28.61%), Carbohydrates: 41.17g (13.72%), Net Carbohydrates: 38.96g (14.17%), Sugar: 37.37g (41.52%), Cholesterol: 29.04mg (9.68%), Sodium: 54.33mg (2.36%), Alcohol: 5.01g (27.83%), Protein: 3.22g (6.43%), Vitamin C: 41.88mg (50.77%), Vitamin A: 1404.11IU (28.08%), Folate: 49.05µg (12.26%), Vitamin B2: 0.2mg (11.88%), Calcium: 98.03mg (9.8%), Potassium: 320.39mg (9.15%), Fiber: 2.21g (8.82%), Phosphorus: 86.24mg (8.62%), Vitamin B6: 0.16mg (8%), Vitamin E: 1.16mg (7.72%), Copper: 0.14mg (6.89%), Vitamin B5: 0.6mg (6.04%), Magnesium: 20.58mg (5.14%), Vitamin K: 4.62µg (4.4%), Vitamin B12: 0.26µg (4.29%), Vitamin B1: 0.06mg (4.01%), Vitamin B3: 0.79mg (3.95%), Manganese: 0.08mg (3.78%), Zinc: 0.57mg

(3.77%), Selenium: 1.88µg (2.69%), Iron: 0.25mg (1.41%)