



Minted Honey Mango Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



71 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons mild honey
- ☐ 3 cups mangoes divided peeled chopped (preferably Champagne mangoes)
- ☐ 1 tablespoons mint leaves finely chopped
- ☐ 2 tablespoons sugar
- ☐ 6 tablespoons water

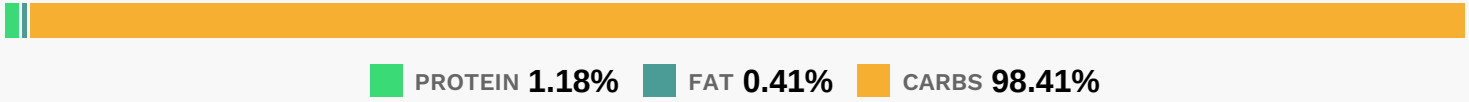
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Purée 2 cups mango with water, honey, and sugar in a blender until smooth.
- ☐ Transfer to a serving bowl and stir in remaining cup mango and mint.
- ☐ •Mangoes vary in tartness. You may want to add lemon juice to taste to the sauce. •Sauce, without mint, can be made 3 days ahead and chilled. Stir in mint before serving.

Nutrition Facts



Properties

Glycemic Index:15.3, Glycemic Load:4.35, Inflammation Score:-3, Nutrition Score:0.67956522018041%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 71.31kcal (3.57%), Fat: 0.02g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 8.44g (2.81%), Net Carbohydrates: 8.38g (3.05%), Sugar: 8.32g (9.25%), Cholesterol: 0mg (0%), Sodium: 7.19mg (0.31%), Alcohol: 5.66g (100%), Alcohol %: 6.61% (100%), Protein: 0.1g (0.2%), Potassium: 84.23mg (2.41%), Magnesium: 9.57mg (2.39%), Iron: 0.41mg (2.27%), Phosphorus: 13.94mg (1.39%), Calcium: 10.17mg (1.02%)