



Sliced Mangoes with Crystallized Ginger



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons crystallized ginger finely chopped
- ☐ 1 tablespoon mint leaves fresh thinly sliced
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 3 pounds mangos peeled sliced

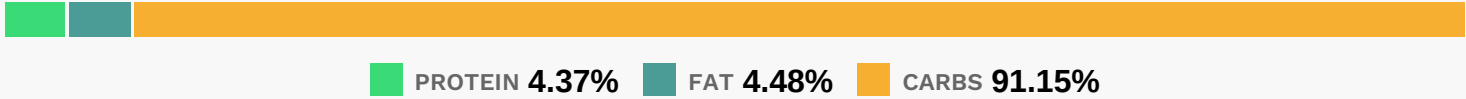
Equipment

- ☐ bowl

Directions

☐ Place all ingredients in a large bowl, and toss gently to combine. Cover and chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:12.92, Inflammation Score:-9, Nutrition Score:9.7321738212005%

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: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg 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: 118.97kcal (5.95%), Fat: 0.65g (1.01%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 29.9g (9.97%), Net Carbohydrates: 27.11g (9.86%), Sugar: 27.38g (30.43%), Cholesterol: 0mg (0%), Sodium: 2.42mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin C: 62.69mg (75.99%), Vitamin A: 1867.94IU (37.36%), Folate: 74.09µg (18.52%), Fiber: 2.78g (11.14%), Vitamin E: 1.53mg (10.23%), Vitamin B6: 0.2mg (10.23%), Copper: 0.19mg (9.62%), Potassium: 292.88mg (8.37%), Vitamin K: 7.16µg (6.81%), Manganese: 0.12mg (5.85%), Vitamin B3: 1.15mg (5.77%), Magnesium: 17.71mg (4.43%), Vitamin B2: 0.07mg (3.98%), Vitamin B5: 0.34mg (3.41%), Vitamin B1: 0.05mg (3.24%), Phosphorus: 24.64mg (2.46%), Calcium: 20.65mg (2.06%), Iron: 0.32mg (1.76%), Selenium: 1.04µg (1.49%), Zinc: 0.17mg (1.12%)