



Smoky Sweet Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



7

CALORIES



87 kcal

SAUCE

Ingredients

- ☐ 2 teaspoons chiles in adobo sauce
- ☐ 2.5 tablespoons butter
- ☐ 1 cup chicken broth fat-free low-sodium
- ☐ 0.3 cup cilantro leaves fresh loosely packed chopped
- ☐ 0.5 cup mangos refrigerated chopped
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup whipping cream

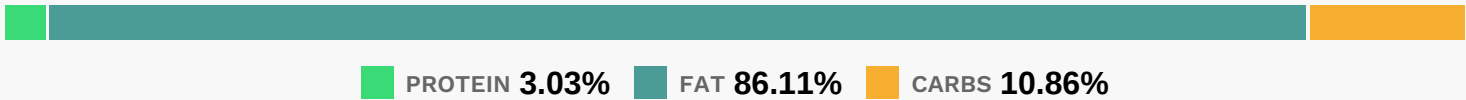
Equipment

- ☐sauce pan
- ☐whisk
- ☐blender

Directions

- ☐Process first 5 ingredients in a blender 1 minute.
- ☐Pour mixture into a saucepan, and bring to a boil over medium-high heat.
- ☐Add cream, and cook, whisking often, 6 minutes or until slightly thick.
- ☐Remove from heat, and whisk in butter until melted.

Nutrition Facts



Properties

Glycemic Index:19.11, Glycemic Load:0.82, Inflammation Score:-3, Nutrition Score:1.7956521899804%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 86.75kcal (4.34%), Fat: 8.55g (13.15%), Saturated Fat: 5.23g (32.68%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.2g (0.8%), Sugar: 2.03g (2.26%), Cholesterol: 23.56mg (7.85%), Sodium: 662.41mg (28.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.35%), Vitamin A: 460.76IU (9.22%), Vitamin C: 4.6mg (5.57%), Vitamin K: 3.09µg (2.94%), Vitamin E: 0.38mg (2.53%), Vitamin B2: 0.04mg (2.1%), Selenium: 1.22µg (1.75%), Folate: 6.48µg (1.62%), Vitamin B12: 0.09µg (1.52%), Vitamin B3: 0.28mg (1.41%), Phosphorus: 13.81mg (1.38%), Calcium: 13.57mg (1.36%), Potassium: 47.2mg (1.35%), Vitamin D: 0.18µg (1.21%), Vitamin B6: 0.02mg (1.18%), Copper: 0.02mg (1.12%)