



Spicy Grilled Mango with Crema



Vegetarian



Gluten Free

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READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

188 kcal

SIDE DISH

Ingredients



1 pinch pepper black freshly ground



1 pinch cayenne pepper



6 servings cilantro leaves for garnish



1 container crema



6 servings jalapeños chopped for garnish



1 juice of lime juiced



3 mangoes peeled



6 servings olive oil

☐ 1 pinch salt

Equipment

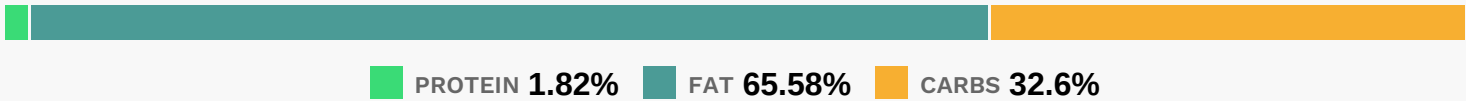
☐ baking sheet

☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the grill over medium heat.
- ☐ Cut the mango flesh from the pit in large slices and arrange on a baking sheet.
- ☐ Sprinkle with salt, black pepper and cayenne, to taste.
- ☐ Drizzle with olive oil. Turn them over and sprinkle the other side with the seasonings and a drizzle of olive oil. Put on the grill for 1 to 3 minutes, grilling on both sides.
- ☐ Remove from the grill to a serving dish and sprinkle with the lime juice.
- ☐ Drizzle crema over the mangos and garnish with jalapenos and cilantro.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:29.96, Glycemic Load:7.21, Inflammation Score:-7, Nutrition Score:7.2608696688776%

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: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg 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: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 188.25kcal (9.41%), Fat: 14.44g (22.21%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 14.39g (5.23%), Sugar: 14.37g (15.97%), Cholesterol: 0.09mg (0.03%), Sodium: 8.69mg (0.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.81%), Vitamin C: 42.18mg (51.13%), Vitamin A: 1163.84IU (23.28%), Vitamin E: 3.06mg (20.37%), Vitamin K: 13.62µg (12.97%), Folate: 45.76µg (11.44%), Fiber: 1.76g (7.03%), Vitamin B6: 0.14mg (6.81%), Copper: 0.12mg (5.89%), Potassium: 187.15mg (5.35%), Vitamin B3: 0.73mg (3.67%), Manganese: 0.07mg (3.57%), Magnesium: 11.2mg (2.8%), Vitamin B2: 0.04mg (2.48%), Vitamin B5: 0.22mg (2.19%), Vitamin B1: 0.03mg (2.09%), Phosphorus: 15.96mg (1.6%), Iron: 0.26mg (1.44%), Calcium: 12.96mg (1.3%)