



Thai mango, chilli & lime cups

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



32

CALORIES



95 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

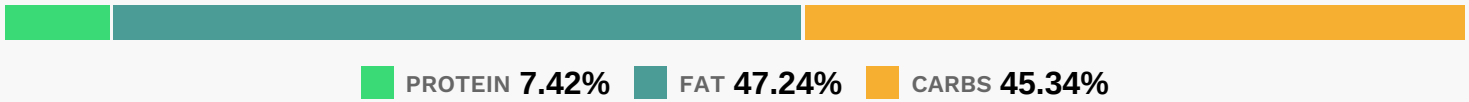
- ☐ 1 mangos
- ☐ 1 to 5 chillies red
- ☐ 0.5 onion red
- ☐ 1 handful cilantro leaves
- ☐ 1 juice of lime
- ☐ 2 tbsp chilli sauce sweet
- ☐ 32 peanut butter cups mini

Equipment

Directions

- ☐ Mix the mango, red chilli, red onion and a handful coriander leaves, then mix with the lime juice and sweet chilli sauce. Season.
- ☐ Divide between 32 mini croustade cups (in the supermarket bakery area) and serve within 1 hr so theyll be firm.

Nutrition Facts



Properties

Glycemic Index:4.87, Glycemic Load:0.53, Inflammation Score:-2, Nutrition Score:1.8747826011285%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 95.13kcal (4.76%), Fat: 5.23g (8.04%), Saturated Fat: 1.83g (11.41%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 10.5g (3.82%), Sugar: 9.58g (10.65%), Cholesterol: 1.02mg (0.34%), Sodium: 71.65mg (3.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Vitamin C: 4.87mg (5.9%), Vitamin B3: 0.83mg (4.14%), Fiber: 0.78g (3.12%), Folate: 12.1µg (3.03%), Phosphorus: 29.57mg (2.96%), Magnesium: 11.79mg (2.95%), Copper: 0.05mg (2.55%), Potassium: 77.96mg (2.23%), Vitamin B1: 0.03mg (2.08%), Vitamin A: 101.84IU (2.04%), Vitamin B6: 0.03mg (1.72%), Zinc: 0.23mg (1.54%), Calcium: 14.78mg (1.48%), Vitamin B2: 0.02mg (1.36%), Iron: 0.24mg (1.32%), Vitamin B5: 0.12mg (1.25%), Vitamin K: 1.21µg (1.15%)