



Thai Mango Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



55 kcal

SAUCE

Ingredients



1.5 tablespoons plus



1 mangos peeled seeded



2 tablespoons thai pepper garlic sauce

Equipment

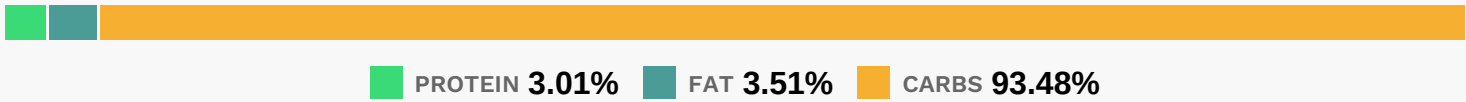


blender

Directions

Place mango, corn syrup, and sauce in an electric blender. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:17.69, Glycemic Load:4.79, Inflammation Score:-5, Nutrition Score:3.3117391052453%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 55.11kcal (2.76%), Fat: 0.24g (0.36%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 13.36g (4.86%), Sugar: 13.51g (15.01%), Cholesterol: 0mg (0%), Sodium: 177.43mg (7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin C: 23.7mg (28.73%), Vitamin A: 570.47IU (11.41%), Folate: 22.64µg (5.66%), Vitamin B6: 0.07mg (3.59%), Fiber: 0.85g (3.39%), Vitamin E: 0.47mg (3.16%), Copper: 0.06mg (2.96%), Potassium: 96.38mg (2.75%), Vitamin K: 2.33µg (2.22%), Vitamin B3: 0.36mg (1.81%), Manganese: 0.04mg (1.79%), Vitamin B2: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.45%), Magnesium: 5.58mg (1.4%), Vitamin B5: 0.11mg (1.09%)