

# Broiled Mango with Lime

## Ingredients:

1 mango, peeled and sliced  
1 lime cut into wedges



\*VEGAN



\*GLUTEN-FREE



\*SOY FREE



## Nutrition Facts

Serving Size 1 mango (275g)  
Servings Per Container 1

Amount Per Serving

**Calories** 160    **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g    **2%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 0mg    **0%**

**Total Carbohydrate** 41g    **14%**

Dietary Fiber 4g    **16%**

Sugars 3g

**Protein** 0g

Vitamin A 80%    •    Vitamin C 70%

Calcium 0%    •    Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Directions:

1. Tips for peeling and cutting: Slice both ends off the mango, revealing the long, slender seed inside. Set the fruit upright on a work surface and remove the skin with a sharp knife. With the seed perpendicular to you, slice the fruit from both sides of the seed, yielding two large pieces. Turn the seed parallel to you and slice the two smaller pieces of fruit from each side. Cut the fruit into the desired shape.
2. Position rack in upper third of oven and preheat broiler. Line broiler pan with foil.
3. Arrange mango slices in a single layer in the prepared pan. Broil until browned in spots, 8-10 minutes. Squeeze wedges over the broiled mango and serve.