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## Wild Mango Creamy Bold Breeze Medium •

A creamy and bold breeze medium recipe made with wild mango. It is a flavorful and satisfying dish that can be enjoyed as a main course or a side dish. The wild mango adds a unique and exotic twist to the dish.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

|        |            |
|--------|------------|
| 200 g  | wild mango |
| 250 ml | cream      |
| 50 g   | butter     |
| 100 g  | onion      |

|                         |                |
|-------------------------|----------------|
| <b>2 cloves</b>         | garlic         |
| <b>1 teaspoon</b>       | salt           |
| <b>1 teaspoon</b>       | black pepper   |
| <b>0.5<br/>teaspoon</b> | cayenne pepper |
| <b>0.5<br/>teaspoon</b> | paprika        |
| <b>1 teaspoon</b>       | cumin          |
| <b>1 teaspoon</b>       | coriander      |
| <b>2<br/>tablespoon</b> | lime juice     |

## Directions

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### Step 1

Cut

Peel and chop the wild mango.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

Sautéing

Melt butter in a pan and sauté chopped onions and garlic until golden brown.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

**Cooking**

Add the wild mango to the pan and cook for 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 4

**Simmering**

Add the cream, salt, black pepper, cayenne pepper, paprika, cumin, coriander, and lime juice. Stir well and simmer for 10 minutes.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 5

**Serving**

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 20 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 5 g   | 29.41%                 | 29.41%                   |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 20 g  | 36.36%                 | 40%                      |
| Fibers        | 5 g   | 13.16%                 | 20%                      |
| Sugars        | 10 g  | N/A                    | N/A                      |
| Lactose       | 10 g  | N/A                    | N/A                      |

## Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 10 g  | N/A                    | N/A                      |
| Saturated Fat       | 8 g   | 36.36%                 | 47.06%                   |
| Fat                 | 15 g  | 53.57%                 | 60%                      |
| Cholesterol         | 30 mg | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A   | 500 iu | 55.56%                 | 71.43%                   |
| Vitamin C   | 30 mg  | 33.33%                 | 40%                      |
| Vitamin B6  | 0 mg   | 0%                     | 0%                       |
| Vitamin B12 | 0 mcg  | 0%                     | 0%                       |
| Vitamin E   | 1 mg   | 6.67%                  | 6.67%                    |
| Vitamin D   | 0 mcg  | 0%                     | 0%                       |

## Minerals

| Nutrient | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium   | 500 mg | 21.74%                 | 21.74%                   |
| Calcium  | 100 mg | 10%                    | 10%                      |

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron      | 2 mg   | 25%                    | 11.11%                   |
| Potassium | 300 mg | 8.82%                  | 11.54%                   |
| Zinc      | 1 mg   | 9.09%                  | 12.5%                    |
| Selenium  | 0 mcg  | 0%                     | 0%                       |

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary  
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Medium

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