

Broiled Mango



Servings: 1

Nutrition Information:

18g carbohydrates

69 calories

0g fat

2mg sodium

2g fiber

1g protein

Ingredients:

1 mango, peeled and sliced

Lime wedges

Directions:

1. Position rack or sheet pan towards the top of the oven and line with foil.
2. Arrange mango slices in a single layer and broil until brown spots appear on the mango, about 8-10mins.
3. Squeeze lime wedges over the mango.

Goes great with Greek yogurt.