

## Cheesecake Ice-Cream With Mango Syrup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



304 kcal

DESSERT

### Ingredients

- 1 can condensed milk fat free
- 0.3 cup juice of lemon
- 1 lemon zest whole finely grated
- 450 grams cream cheese low fat
- 500 grams mangos fresh frozen canned (, or )
- 1 cup milk
- 0.5 cup sugar
- 1 teaspoon vanilla paste

3 tablespoons water

## Equipment

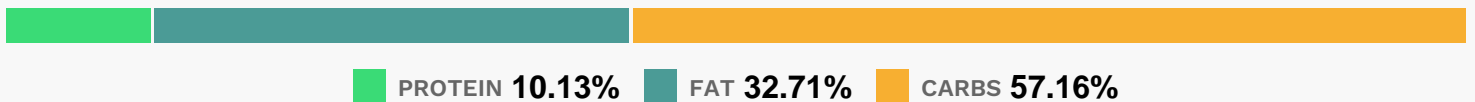
sauce pan

blender

## Directions

- Place the jug in the freezer and freeze until the mixture starts to set. Use the stick blender to mix the ice-cream again for about 30 seconds. Return the mix to the freezer. Repeat this step again as the ice-cream is setting. Once the mixture has been re-mixed twice, transfer the ice-cream to a deep metal dish and return to the freezer. Choose a dish which is large enough and has enough space to use the stick blender. Blend in the metal container twice before allowing to completely freeze.
- Place all the mango syrup ingredients in a saucepan and using a stick blender puree the mix.
- Heat the syrup and let it boil for 5 minutes stirring regularly. Reduce the heat slightly and stir for a further two minutes or until the mixture is at a desirable syrup consistency. It will thicken slightly on cooling.
- Pour the cooled syrup over the ice-cream for a delicious Mango Cheesecake Ice-Cream.

## Nutrition Facts



## Properties

Glycemic Index:22.08, Glycemic Load:24.02, Inflammation Score:-6, Nutrition Score:8.8830434782609%

## 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: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg 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

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 304.33kcal (15.22%), Fat: 11.35g (17.46%), Saturated Fat: 6.77g (42.32%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 43.74g (15.9%), Sugar: 42.64g (47.38%), Cholesterol: 40.69mg (13.56%), Sodium: 222.04mg (9.65%), Protein: 7.91g (15.81%), Vitamin C: 22.36mg (27.11%), Calcium: 215.98mg (21.6%), Phosphorus: 200.79mg (20.08%), Vitamin A: 935.33IU (18.71%), Vitamin B2: 0.3mg (17.88%), Selenium: 8.49µg (12.14%), Vitamin B12: 0.72µg (12%), Potassium: 386.11mg (11.03%), Folate: 35.7µg (8.93%), Vitamin B5: 0.88mg (8.77%), Vitamin B6: 0.12mg (5.93%), Magnesium: 22.33mg (5.58%), Vitamin B1: 0.08mg (5.54%), Zinc: 0.78mg (5.2%), Vitamin E: 0.66mg (4.38%), Copper: 0.08mg (3.95%), Fiber: 0.88g (3.53%), Vitamin D: 0.48µg (3.22%), Vitamin K: 2.91µg (2.77%), Vitamin B3: 0.51mg (2.54%), Manganese: 0.04mg (2.05%), Iron: 0.25mg (1.37%)