



Coconut Sorbet with Mango



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

Ingredients

- ☐ 15 ounce full fat coconut cream canned
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 servings sesame seed toasted
- ☐ 0.8 cup water

Equipment

Directions

- ☐ Blend ingredients and freeze in an ice-cream maker.

Nutrition Facts



PROTEIN 4.97% FAT 85.17% CARBS 9.86%

Properties

Glycemic Index:8.75, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:11.444782418725%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 401.71kcal (20.09%), Fat: 40.86g (62.86%), Saturated Fat: 33.25g (207.82%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 7.28g (2.65%), Sugar: 0.36g (0.41%), Cholesterol: 0mg (0%), Sodium: 7.75mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Manganese: 1.59mg (79.34%), Copper: 0.74mg (37.05%), Iron: 3.61mg (20.03%), Phosphorus: 182.84mg (18.28%), Magnesium: 59.9mg (14.98%), Fiber: 3.36g (13.45%), Potassium: 406.54mg (11.62%), Zinc: 1.66mg (11.07%), Vitamin C: 9.03mg (10.94%), Calcium: 93.85mg (9.38%), Folate: 34.23µg (8.56%), Vitamin B1: 0.1mg (6.68%), Vitamin B3: 1.34mg (6.68%), Vitamin B6: 0.12mg (6.04%), Selenium: 2.77µg (3.96%), Vitamin B5: 0.31mg (3.06%), Vitamin B2: 0.02mg (1.34%)