



Fresh Blueberry-Mango Dessert



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



19 min.

SERVINGS



10

CALORIES



120 kcal

DESSERT

Ingredients

- ☐ 4 cups blueberries fresh
- ☐ 2.5 tablespoons cornstarch
- ☐ 0.7 cup brown sugar light packed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 2 cups mangos ripe cubed peeled
- ☐ 2 teaspoons vanilla extract
- ☐ 1 cup water

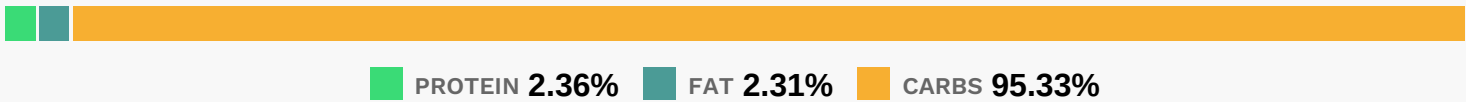
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 5 ingredients in a medium saucepan; stir well with a whisk.
- ☐ Add blueberries and mango; bring to a boil, and cook 1 minute or until thick, stirring constantly.
- ☐ Remove from heat; stir in vanilla.
- ☐ Serve warm, or cover and chill.

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:5.16, Inflammation Score:-5, Nutrition Score:4.3600000454032%

Flavonoids

Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg, Cyanidin: 5.04mg Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg, Petunidin: 18.67mg Delphinidin: 20.98mg, Delphinidin: 20.98mg, Delphinidin: 20.98mg, Delphinidin: 20.98mg Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg, Malvidin: 40.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg, Peonidin: 12.01mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 120.01kcal (6%), Fat: 0.32g (0.5%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 30.12g (10.04%), Net Carbohydrates: 28.14g (10.23%), Sugar: 24.8g (27.55%), Cholesterol: 0mg (0%), Sodium: 6.53mg (0.28%), Alcohol: 0.28g (100%), Alcohol %: 0.26% (100%), Protein: 0.75g (1.49%), Vitamin C: 18.71mg (22.68%), Vitamin K: 12.83µg (12.22%), Manganese: 0.23mg (11.63%), Fiber: 1.98g (7.94%), Vitamin A: 390.63IU (7.81%), Folate: 18.2µg (4.55%), Vitamin E: 0.64mg (4.28%), Copper: 0.08mg (4.18%), Vitamin B6: 0.08mg (3.88%), Potassium: 125.49mg (3.59%), Vitamin B3: 0.49mg (2.46%), Vitamin B2: 0.04mg (2.24%), Magnesium: 8.82mg (2.2%), Vitamin B1: 0.03mg (2.14%), Calcium: 20.68mg (2.07%), Iron: 0.34mg (1.87%), Vitamin B5: 0.16mg (1.62%), Phosphorus: 13.07mg (1.31%)