



Fresh Mango-Lemon Dessert

 Gluten Free

READY IN



240 min.

SERVINGS



1

CALORIES



1640 kcal

Ingredients

- 12 oz evaporated milk canned
- 9 oz jell-o lemon flavor gelatin divided
- 1 mangos
- 2.8 cups water divided
- 0.5 cup cool whip whipped topping thawed

Equipment

- bowl

Directions

- Bring 3/4 cup water to boil.
- Add to 1 pkg. gelatin mix in small bowl; stir 2 min. until completely dissolved.
- Pour 1/4 cup gelatin into 2-qt. glass bowl or mold sprayed with cooking spray. Refrigerate 15 min. or until slightly thickened. Meanwhile, peel mango and cut into 1/8-inch-thick slices.
- Arrange mangos, with slices slightly overlapping, over gelatin in bowl. Gently pour remaining lemon gelatin mixture over mangos. Refrigerate 15 min. or until gelatin is set but not firm.
- Meanwhile, bring remaining water to boil.
- Add to combined remaining gelatin mixes in medium bowl; stir 2 min. until completely dissolved. Stir in evaporated milk. Refrigerate 30 min.
- Pour evaporated milk mixture over gelatin layer in bowl. Refrigerate 4 hours or until firm. Unmold dessert just before serving. Top with COOL WHIP.

Nutrition Facts



PROTEIN 10.89% **FAT 16.77%** **CARBS 72.34%**

Properties

Glycemic Index:51.75, Glycemic Load:14.35, Inflammation Score:-9, Nutrition Score:33.562608304231%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 1639.57kcal (81.98%), Fat: 31.42g (48.34%), Saturated Fat: 20.05g (125.29%), Carbohydrates: 304.96g (101.65%), Net Carbohydrates: 301.65g (109.69%), Sugar: 290.89g (323.21%), Cholesterol: 99.41mg (33.14%), Sodium: 1611.19mg (70.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.89g (91.78%), Phosphorus: 1107.08mg (110.71%), Vitamin C: 81.81mg (99.17%), Calcium: 964.47mg (96.45%), Vitamin B2: 1.29mg (76%), Vitamin A: 3080.55IU (61.61%), Potassium: 1434.28mg (40.98%), Selenium: 27.06µg (38.66%), Copper: 0.69mg (34.66%), Folate: 125µg (31.25%), Magnesium: 116.58mg (29.15%), Vitamin B5: 2.61mg (26.14%), Vitamin B6: 0.43mg (21.32%),

Zinc: 2.93mg (19.56%), Vitamin E: 2.59mg (17.3%), Vitamin B1: 0.23mg (15.53%), Fiber: 3.31g (13.25%), Vitamin K: 11.94µg (11.37%), Vitamin B3: 2.11mg (10.53%), Vitamin B12: 0.62µg (10.32%), Manganese: 0.18mg (8.94%), Iron: 1.35mg (7.48%), Vitamin D: 0.34µg (2.27%)