



Frozen Mango, Blackberry Cassis, and Vanilla Mosaic



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



12

CALORIES



139 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups blackberries fresh
- ☐ 2 tablespoons creme de cassis (black-currant liqueur)
- ☐ 4 cups mango sorbet
- ☐ 0.3 cup sugar
- ☐ 2 cups whipped cream

Equipment

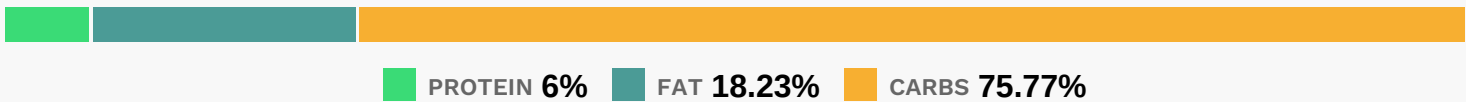
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ loaf pan

Directions

- ☐ Put sorbet and ice cream in refrigerator until evenly softened, 45 minutes to 1 hour.
- ☐ Meanwhile, purée blackberries, sugar, and cassis in a blender until smooth, then strain thorough a fine-mesh sieve set over a bowl, pressing on and then discarding solids. Freeze to thicken slightly until ice cream is ready, 20 to 40 minutes, then stir until smooth.
- ☐ Lightly oil loaf pan, then cut a piece of parchment to fit bottom and long sides of pan, leaving at least 3 inches of overhang on each side.
- ☐ Fill pan decoratively with spoonfuls of sorbet and ice cream, pressing down and filling empty spaces with blackberry purée as you go. Smooth top, pressing down with back of spoon to eliminutesate air spaces, then fold parchment flaps over top and freeze until solid, at least 3 hours.
- ☐ To unmold, run a thin knife along short sides of pan to loosen mosaic, then open parchment and invert onto a flat serving dish, discarding parchment.
- ☐ Cut mosaic into 1/2-inch-thick slices.
- ☐ Mosaic can be made 5 days ahead and frozen, covered with plastic wrap.

Nutrition Facts



Properties

Glycemic Index:13.01, Glycemic Load:6.18, Inflammation Score:-2, Nutrition Score:2.2869565033394%

Flavonoids

Cyanidin: 17.99mg, Cyanidin: 17.99mg, Cyanidin: 17.99mg, Cyanidin: 17.99mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg,

Peonidin: 0.04mg Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 139.19kcal (6.96%), Fat: 2.8g (4.3%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 24.01g (8.73%), Sugar: 20.54g (22.82%), Cholesterol: 9.68mg (3.23%), Sodium: 55.19mg (2.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.14%), Fiber: 2.16g (8.64%), Manganese: 0.12mg (5.93%), Vitamin C: 3.91mg (4.74%), Vitamin K: 3.63µg (3.46%), Vitamin B2: 0.06mg (3.43%), Calcium: 33.54mg (3.35%), Phosphorus: 27.06mg (2.71%), Vitamin A: 131.14IU (2.62%), Potassium: 73.05mg (2.09%), Vitamin E: 0.28mg (1.84%), Vitamin B5: 0.18mg (1.77%), Copper: 0.04mg (1.76%), Magnesium: 6.7mg (1.68%), Zinc: 0.25mg (1.66%), Vitamin B12: 0.09µg (1.43%), Folate: 5.6µg (1.4%)