



Frozen Mango Cream

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cream cheese
- ☐ 30 oz alphonso mango pulp) canned
- ☐ 0.8 cup sugar
- ☐ 8 oz carton whipped topping frozen thawed

Equipment

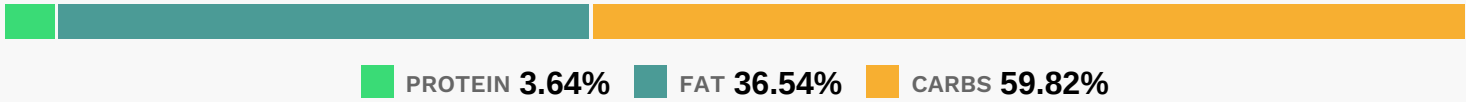
- ☐ bowl
- ☐ frying pan
- ☐ whisk

- ☐ blender
- ☐ spatula

Directions

- ☐ In a large bowl with a mixer, beat cheese and sugar until well blended.
- ☐ Add whipped topping, in dollops, beating to combine. Gently whisk in mango until blended.
- ☐ Pour mango mixture into a 10- by 15-inch rimmed pan. Freeze until firm, at least 3 hours or overnight. When frozen, serve or wrap airtight and freeze up to 1 week.
- ☐ To serve, cut into diamonds or rectangles and lift out with a wide spatula.
- ☐ Garnish with mango slices and pistachios.

Nutrition Facts



Properties

Glycemic Index:6.07, Glycemic Load:6.76, Inflammation Score:-7, Nutrition Score:4.1486957594752%

Nutrients (% of daily need)

Calories: 169.02kcal (8.45%), Fat: 6.98g (10.73%), Saturated Fat: 4.47g (27.91%), Carbohydrates: 25.69g (8.56%), Net Carbohydrates: 25.37g (9.23%), Sugar: 24.4g (27.11%), Cholesterol: 14.6mg (4.87%), Sodium: 67.03mg (2.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Iron: 6.73mg (37.4%), Vitamin A: 1476.58IU (29.53%), Vitamin C: 7.34mg (8.89%), Calcium: 29.22mg (2.92%), Vitamin B2: 0.05mg (2.77%), Phosphorus: 25.66mg (2.57%), Selenium: 1.62µg (2.31%), Vitamin E: 0.19mg (1.29%), Fiber: 0.32g (1.28%)