



Frozen Mango Raspberry Terrine



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



320 kcal

SIDE DISH

Ingredients

- ☐ 2 pints whipped cream
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2 pints mango sorbet
- ☐ 3 cups raspberries fresh
- ☐ 0.7 cup sugar
- ☐ 1 cup water

Equipment

- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap
- ☐ loaf pan
- ☐ kitchen towels
- ☐ spatula
- ☐ ice cream machine

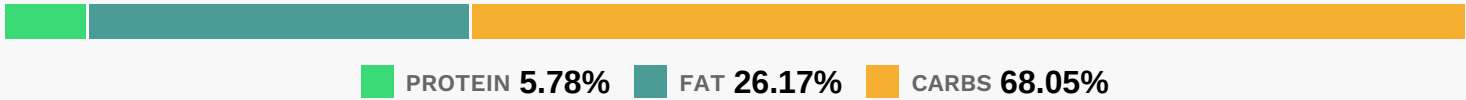
Directions

- ☐ Bring sugar and water to a boil in a 1-quart saucepan, stirring until sugar is dissolved.
- ☐ Remove from heat and cool syrup.
- ☐ Purée raspberries and lemon juice in a food processor, then force through a fine-mesh sieve into a bowl, discarding seeds. Stir in sugar syrup and chill, covered, until cold, about 2 hours.
- ☐ Freeze sorbet in ice cream maker.
- ☐ Transfer to an airtight container and freeze until slightly firmer but still spreadable, about 30 minutes.
- ☐ Line loaf pan with 3 pieces of plastic wrap (1 lengthwise and 2 crosswise), leaving at least a 2-inch overhang on all sides, then freeze pan 10 minutes.
- ☐ While raspberry sorbet is in freezer, soften mango sorbet and mango ice cream in refrigerator.
- ☐ Mash mango sorbet in a bowl with a spoon until spreadable but not melted. Mash ice cream in another bowl in same manner.
- ☐ Evenly spread 1 3/4 cups mango sorbet in bottom of loaf pan (preferably with a small offset metal spatula), then top with 1 3/4 cups mango ice cream and half of raspberry sorbet. (If sorbets or ice cream become too soft for spreading, freeze 10 minutes between layering.) Repeat layering with 1 3/4 cups mango sorbet, 1 3/4 cups mango ice cream, and remaining raspberry sorbet (pan will be full). Cover top of terrine with plastic-wrap overhang, then wrap pan with more plastic wrap and freeze until terrine is hardened, at least 8 hours.
- ☐ To serve, unwrap pan, then open overhang and invert pan onto a chilled serving platter. Wet a kitchen towel with hot water, quickly wring it dry, and drape over pan 30 seconds. Lift off pan

and peel off plastic wrap.

- ☐
- *Available at some cookware shops, The
- ☐
- Baker's Catalogue (800-827-6836), and A Cook's Wares (800-915-9788).
- ☐
- Raspberry sorbet can be made 3 days ahead. Soften in refrigerator about 30 minutes before using.·Assembled terrine can be frozen up to 3 days.

Nutrition Facts



Properties

Glycemic Index:13.09, Glycemic Load:19.19, Inflammation Score:-3, Nutrition Score:5.413913032283%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 319.83kcal (15.99%), Fat: 9.3g (14.31%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 54.43g (18.14%), Net Carbohydrates: 50.43g (18.34%), Sugar: 44.16g (49.07%), Cholesterol: 34.7mg (11.57%), Sodium: 117.34mg (5.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.25%), Fiber: 4.01g (16.02%), Vitamin B2: 0.2mg (11.94%), Vitamin C: 9.06mg (10.98%), Calcium: 109.26mg (10.93%), Manganese: 0.21mg (10.4%), Phosphorus: 91.66mg (9.17%), Vitamin A: 342.02IU (6.84%), Potassium: 204.39mg (5.84%), Vitamin B5: 0.56mg (5.59%), Vitamin B12: 0.31µg (5.13%), Magnesium: 17.95mg (4.49%), Zinc: 0.67mg (4.49%), Vitamin E: 0.5mg (3.34%), Vitamin B1: 0.04mg (2.83%), Vitamin B6: 0.06mg (2.76%), Folate: 10.62µg (2.65%), Copper: 0.05mg (2.47%), Vitamin K: 2.58µg (2.45%), Selenium: 1.55µg (2.21%), Iron: 0.28mg (1.58%), Vitamin B3: 0.27mg (1.36%), Vitamin D: 0.16µg (1.05%)