



Frozen Tropical Terrine with Mango-Blackberry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



571 kcal

SIDE DISH

Ingredients

- ☐ 1 pint blackberries
- ☐ 2 pints pineapple-coconut ice cream divided
- ☐ 1 large mangos pitted peeled sliced
- ☐ 1 pint mango sorbet
- ☐ 1 pint boysenberry sorbet
- ☐ 0.3 cup sugar
- ☐ 7 ounce coconut or sweetened divided flaked toasted

☐ 1 vanilla pod split

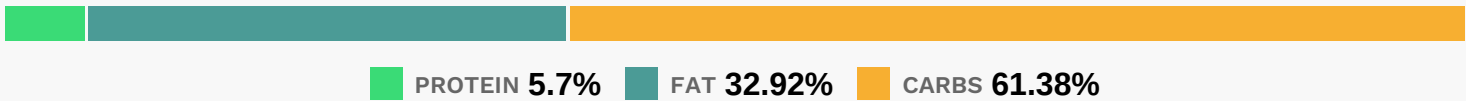
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ loaf pan
- ☐ microwave

Directions

- ☐ Line 9x5x2 3/4-inch metal loaf pan with 2 layers of plastic wrap in each direction, leaving overhang.
- ☐ Sprinkle 1 1/4 cups toasted coconut over bottom of pan. Microwave 1 pint pineapple-coconut ice cream on low in two or three 10-second intervals until slightly softened. Drop ice cream by large spoonfuls over coconut in pan, then spread in even layer; freeze 15 minutes. Microwave mango sorbet on low in two or three 10-second intervals until slightly softened. Drop sorbet by large spoonfuls atop ice cream, then spread in even layer; freeze 15 minutes. Repeat with boysenberry sorbet, then remaining 1 pint ice cream.
- ☐ Sprinkle remaining coconut over top; press to adhere (filling will extend slightly above pan). Cover with plastic wrap overhang; freeze overnight. (Can be made 3 days ahead. Keep frozen.)
- ☐ Combine mango, blackberries, and sugar in medium bowl. Scrape in seeds from vanilla bean; add bean and toss.
- ☐ Let stand at room temperature until juices form, tossing occasionally, about 2 hours. (Can be made 4 hours ahead. Cover and chill.) Discard vanilla bean.
- ☐ Using plastic wrap as aid, lift terrine out of pan; remove plastic wrap.
- ☐ Cut terrine into 3/4-inch-thick slices.
- ☐ Place on plates; spoon sauce over and serve.

Nutrition Facts



Properties

Glycemic Index:25.98, Glycemic Load:23.32, Inflammation Score:-7, Nutrition Score:12.511304197104%

Flavonoids

Cyanidin: 59.14mg, Cyanidin: 59.14mg, Cyanidin: 59.14mg, Cyanidin: 59.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 22.36mg, Catechin: 22.36mg, Catechin: 22.36mg, Catechin: 22.36mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg, Epicatechin: 2.76mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 571.16kcal (28.56%), Fat: 21.05g (32.39%), Saturated Fat: 14.61g (91.33%), Carbohydrates: 88.3g (29.43%), Net Carbohydrates: 79.22g (28.81%), Sugar: 69.35g (77.06%), Cholesterol: 52.05mg (17.35%), Sodium: 245.5mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.4%), Fiber: 9.08g (36.32%), Manganese: 0.65mg (32.3%), Vitamin C: 22.55mg (27.33%), Vitamin B2: 0.31mg (18.47%), Vitamin A: 904.56IU (18.09%), Calcium: 174.21mg (17.42%), Phosphorus: 165.65mg (16.56%), Potassium: 464.37mg (13.27%), Vitamin K: 13.15µg (12.53%), Copper: 0.23mg (11.36%), Magnesium: 43.63mg (10.91%), Vitamin B5: 0.94mg (9.36%), Selenium: 6.55µg (9.36%), Zinc: 1.33mg (8.86%), Vitamin E: 1.28mg (8.53%), Folate: 32.57µg (8.14%), Vitamin B12: 0.46µg (7.69%), Vitamin B6: 0.11mg (5.64%), Iron: 0.89mg (4.96%), Vitamin B1: 0.07mg (4.75%), Vitamin B3: 0.87mg (4.33%), Vitamin D: 0.24µg (1.58%)