



## Last-Minute Tropical Sherbet

 Vegetarian  Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



113 kcal

### Ingredients

- 6 ounce yogurt low-fat (such as Yoplait Lemon Burst)
- 1 teaspoon lime zest grated
- 12 ounce mangos frozen ()
- 1 cup pineapple chunks frozen

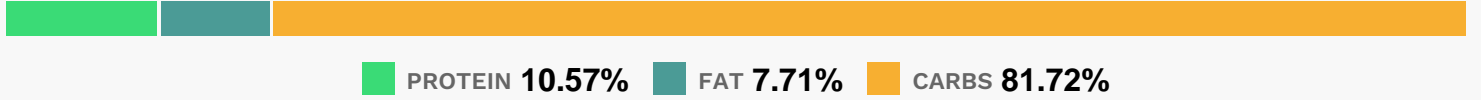
### Equipment

- food processor

### Directions

- Remove mango and pineapple from freezer; let stand at room temperature 10 minutes.
- Combine mango, pineapple, yogurt, and rind in a food processor; process until smooth.
- Serve immediately (for soft-serve texture) or freeze in an airtight container for 1 hour 30 minutes (for firmer texture).

## Nutrition Facts



### Properties

Glycemic Index:20.94, Glycemic Load:5.91, Inflammation Score:-7, Nutrition Score:7.8391303756963%

### Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

### Nutrients (% of daily need)

Calories: 113.46kcal (5.67%), Fat: 1.05g (1.61%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 25.01g (8.34%), Net Carbohydrates: 22.86g (8.31%), Sugar: 23.09g (25.65%), Cholesterol: 2.55mg (0.85%), Sodium: 31.22mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.47%), Vitamin C: 37mg (44.85%), Vitamin A: 971.74IU (19.43%), Folate: 44.25µg (11.06%), Calcium: 96.8mg (9.68%), Potassium: 316.24mg (9.04%), Fiber: 2.14g (8.57%), Vitamin B6: 0.17mg (8.33%), Copper: 0.16mg (8.18%), Vitamin B2: 0.14mg (7.99%), Phosphorus: 77.37mg (7.74%), Vitamin B1: 0.1mg (6.87%), Magnesium: 24.64mg (6.16%), Vitamin E: 0.79mg (5.27%), Vitamin B5: 0.42mg (4.2%), Vitamin B12: 0.24µg (3.97%), Vitamin B3: 0.79mg (3.93%), Vitamin K: 4.07µg (3.88%), Zinc: 0.51mg (3.43%), Selenium: 2.15µg (3.07%), Manganese: 0.06mg (2.77%), Iron: 0.34mg (1.88%)