



Layered Mango Dessert

 Gluten Free

READY IN



230 min.

SERVINGS



12

CALORIES



177 kcal

Ingredients

- 1 cup knudsen cream sour
- 12 oz apricot-mango nectar canned
- 2 cups mangos divided ripe finely chopped
- 4 pkg jell-o orange flavor gelatin (4-serving size each)
- 3 cups water boiling

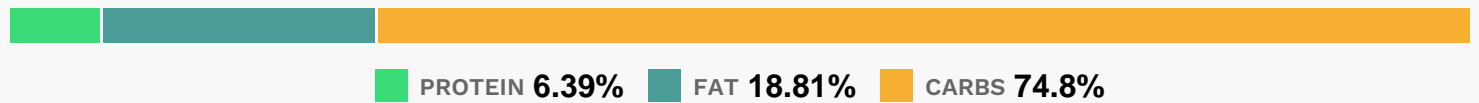
Equipment

- bowl
- blender

Directions

- Stir boiling water into dry gelatin mix in large bowl 2 min. until completely dissolved.
- Add nectar; mix well.
- Pour evenly into 3 small bowls. Refrigerate 30 min. or until slightly thickened.
- Add 1 cup of the mangos to 1 bowl of gelatin; stir.
- Pour into 10-cup mold sprayed with cooking spray. Refrigerate 30 min. or until set but not firm (gelatin should stick to finger when touched).
- Meanwhile, pour contents of second bowl of gelatin into blender container.
- Add remaining mangos; cover. Blend until mangos are pureed and mixture is well blended.
- Pour over gelatin layer in mold. Refrigerate 20 min. or until gelatin is set but not firm (gelatin should stick to finger when touched).
- Stir sour cream into remaining bowl of gelatin until well blended. Carefully spoon over mango gelatin layer. Refrigerate 2 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:4.31, Glycemic Load:1.91, Inflammation Score:-4, Nutrition Score:3.2121738921041%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 176.86kcal (8.84%), Fat: 3.84g (5.91%), Saturated Fat: 1.97g (12.28%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 33.84g (12.31%), Sugar: 32.31g (35.9%), Cholesterol: 11.31mg (3.77%), Sodium: 142.62mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.87%), Vitamin C: 14.49mg (17.57%), Vitamin A: 613.14IU (12.26%), Phosphorus: 58.93mg (5.89%), Selenium: 2.89µg (4.12%), Copper: 0.08mg (4.06%), Folate: 15.81µg (3.95%), Vitamin B2: 0.06mg (3.24%), Calcium: 29.83mg (2.98%), Vitamin E: 0.38mg (2.53%), Potassium: 78.95mg

(2.26%), Vitamin B6: 0.05mg (2.26%), Fiber: 0.52g (2.1%), Magnesium: 6.68mg (1.67%), Vitamin K: 1.67µg (1.59%), Manganese: 0.03mg (1.52%), Vitamin B5: 0.14mg (1.42%), Vitamin B3: 0.23mg (1.14%), Iron: 0.2mg (1.09%)