



Lychee Coconut Sorbet with Mango and Lime



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



240 kcal

Ingredients



0.5 cup full fat coconut cream sweetened (preferably Coco López brand; not coconut milk or coconut cream)



3 tablespoons juice of lime fresh



1 teaspoon lime zest fresh finely grated



15 oz lychee juice canned



1 lb mangos peeled sliced

Equipment



blender

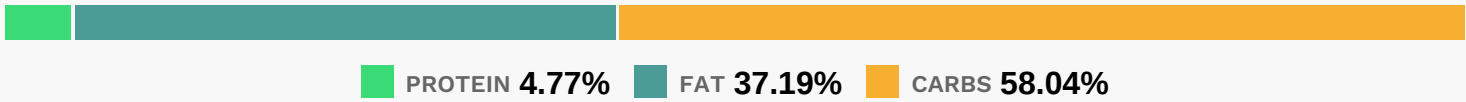


ice cream machine

Directions

- ☐ Drain lychees, reserving syrup, then purée lychees, cream of coconut, 1/4 cup syrup, and 2 1/2 tablespoons lime juice in a blender until smooth. Freeze in ice cream maker.
- ☐ While sorbet is churning, toss together mango, zest, and remaining lime juice to taste (1/2 to 1 tablespoon).
- ☐ Serve scoops of sorbet over mango slices.

Nutrition Facts



Properties

Glycemic Index:20.94, Glycemic Load:7.88, Inflammation Score:-8, Nutrition Score:12.439130461734%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg 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: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Eriodictyol: 0.25mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 240.17kcal (12.01%), Fat: 10.84g (16.68%), Saturated Fat: 9.33g (58.32%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 34.48g (12.54%), Sugar: 31.68g (35.2%), Cholesterol: 0mg (0%), Sodium: 3.63mg (0.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.13g (6.27%), Vitamin C: 121.65mg (147.45%), Manganese: 0.52mg (26.16%), Vitamin A: 1232.84IU (24.66%), Copper: 0.4mg (20%), Folate: 60.55µg (15.14%), Fiber: 3.6g (14.39%), Potassium: 483.47mg (13.81%), Phosphorus: 87.1mg (8.71%), Vitamin B3: 1.68mg (8.42%), Magnesium: 31.3mg (7.83%), Vitamin B6: 0.15mg (7.68%), Vitamin E: 1.05mg (6.98%), Iron: 1.21mg (6.71%), Vitamin B2: 0.11mg (6.7%), Vitamin K: 4.83µg (4.6%), Vitamin B1: 0.06mg (3.69%), Vitamin B5: 0.32mg (3.17%), Zinc: 0.4mg (2.66%), Selenium: 1.76µg (2.51%), Calcium: 22.83mg (2.28%)