



Mango-Agave Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



199 kcal

DESSERT

Ingredients

- ☐ 0.8 cup agave nectar light
- ☐ 0.3 cup juice of lime fresh (3 limes)
- ☐ 3 pounds mangos ripe cubed peeled
- ☐ 0.5 cup orange juice fresh (3 oranges)
- ☐ 0.3 cup tequila
- ☐ 0.3 cup water

Equipment

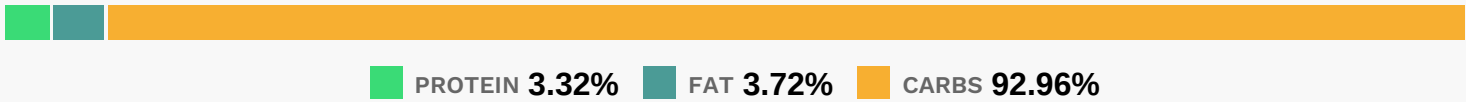
- ☐ food processor

☐ bowl

Directions

- ☐ Combine cubed mango, orange juice, lime juice, and tequila in a food processor; process until smooth.
- ☐ Pour the mixture into a bowl, and stir in the agave nectar and 1/3 cup water. Cover and chill for 2 hours.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 8 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:16.72, Glycemic Load:14.97, Inflammation Score:-9, Nutrition Score:11.377391245054%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 2.76mg, Hesperetin: 2.76mg, Hesperetin: 2.76mg, Hesperetin: 2.76mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 198.59kcal (9.93%), Fat: 0.78g (1.2%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 43.73g (14.58%), Net Carbohydrates: 40.9g (14.87%), Sugar: 38.8g (43.11%), Cholesterol: 0mg (0%), Sodium: 3.48mg (0.15%), Alcohol: 3.34g (100%), Alcohol %: 1.79% (100%), Protein: 1.56g (3.13%), Vitamin C: 76.2mg (92.36%), Vitamin A: 1876.49IU (37.53%), Folate: 84.99µg (21.25%), Vitamin B6: 0.26mg (13.04%), Vitamin E: 1.76mg (11.74%), Fiber: 2.83g (11.34%), Vitamin K: 11.86µg (11.3%), Copper: 0.2mg (10.19%), Potassium: 329.59mg (9.42%), Vitamin B3: 1.36mg (6.79%), Vitamin B2: 0.11mg (6.19%), Vitamin B1: 0.09mg (5.99%), Manganese: 0.11mg (5.7%), Magnesium: 19.83mg (4.96%), Vitamin B5: 0.38mg (3.77%), Phosphorus: 28.47mg (2.85%), Calcium: 22.33mg (2.23%), Selenium: 1.4µg (2%), Iron: 0.33mg (1.86%), Zinc: 0.18mg (1.17%)