



Mango and Cayenne Paletas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



385 min.

SERVINGS



6

CALORIES



206 kcal

SIDE DISH

Ingredients

- 3 pinches ground pepper as needed plus more
- 0.3 cup granulated sugar as needed plus more
- 0.3 cup juice of lime freshly squeezed (from 2 medium limes)
- 3.5 pounds mangos ripe
- 0.1 teaspoon salt fine

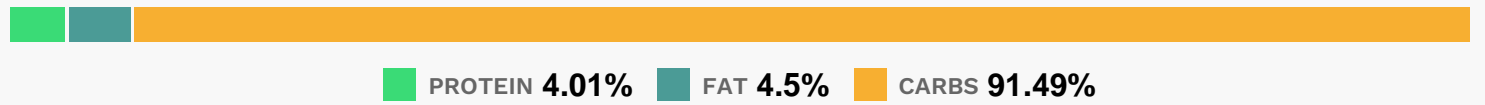
Equipment

- bowl
- blender

Directions

- Peel and cut 1 mango into medium dice; set aside. Peel and cut the remaining 3 mangoes into large chunks and place in a blender.
- Add the measured sugar, lime juice, cayenne, and salt to the blender and process until smooth and the sugar has dissolved. Taste and blend in additional cayenne 1 pinch at a time, and additional sugar 1 teaspoon at a time, as needed.
- Transfer the mixture to a medium bowl and stir in the diced mango. Divide the mixture among the pop molds and freeze until solid, at least 6 hours.

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:26.15, Inflammation Score:-9, Nutrition Score:14.646956547447%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 205.65kcal (10.28%), Fat: 1.13g (1.75%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 51.89g (17.3%), Net Carbohydrates: 47.48g (17.26%), Sugar: 47.56g (52.85%), Cholesterol: 0mg (0%), Sodium: 51.56mg (2.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Vitamin C: 99.72mg (120.87%), Vitamin A: 3076.02IU (61.52%), Folate: 115.31µg (28.83%), Fiber: 4.41g (17.64%), Vitamin E: 2.55mg (17.02%), Vitamin B6: 0.33mg (16.55%), Copper: 0.3mg (14.96%), Potassium: 466.62mg (13.33%), Vitamin K: 11.57µg (11.02%), Vitamin B3: 1.83mg (9.14%), Manganese: 0.18mg (8.95%), Magnesium: 28.03mg (7.01%), Vitamin B2: 0.11mg (6.4%), Vitamin B5: 0.53mg (5.34%), Vitamin B1: 0.08mg (5.22%), Phosphorus: 39.92mg (3.99%), Calcium: 31.4mg (3.14%), Iron: 0.48mg (2.65%), Selenium: 1.71µg (2.44%), Zinc: 0.26mg (1.73%)