



Mango and Rose Water Sorbet

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

95 min.

SERVINGS

servings

2

CALORIES

calories

631 kcal

DESSERT

Ingredients

- ☐ 2 servings mint leaves fresh for garnish
- ☐ 2 cups ice cubes
- ☐ 1 lime zest finely grated
- ☐ 3 mangos frozen ripe cut into chunks and (2 cups)
- ☐ 1 teaspoon rosewater (or orange blossom water)
- ☐ 1 cup sugar
- ☐ 0.8 cup water
- ☐ 0.5 cup white wine such as pinot grigio crisp

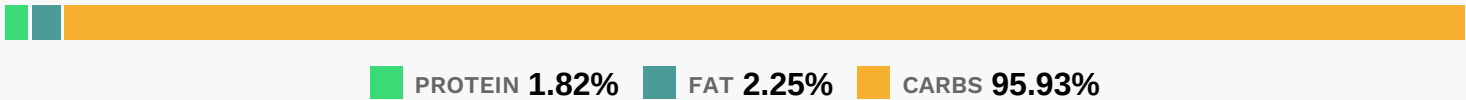
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a small saucepan, combine the sugar, water, and lime zest over medium heat. Bring to a simmer, stirring. Reduce the heat to low and stir until the sugar has dissolved completely.
- ☐ Remove from the heat and set aside to cool.
- ☐ Put the frozen mango chunks in a food processor with the ice, wine, rose water, and the cooled lime syrup. Process for 2 to 3 minutes until the ice has broken down and the sorbet thickens. When done, the sorbet will have a slushy consistency.
- ☐ Transfer the food processor bowl to the freezer to harden the sorbet fully, about 1 hour. Store in a covered airtight container. Use within 1 month. To serve, spoon into martini glasses and garnish with mint.

Nutrition Facts



Properties

Glycemic Index:76.92, Glycemic Load:92.17, Inflammation Score:-10, Nutrition Score:16.93304353175%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 14.51mg, Hesperetin: 14.51mg, Hesperetin: 14.51mg, Hesperetin: 14.51mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 631.02kcal (31.55%), Fat: 1.58g (2.43%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 151.06g (50.35%), Net Carbohydrates: 145.07g (52.75%), Sugar: 142.9g (158.78%), Cholesterol: 0mg (0%), Sodium: 21.35mg (0.93%), Alcohol: 6.31g (100%), Alcohol %: 0.96% (100%), Protein: 2.86g (5.72%), Vitamin C: 123.09mg (149.2%), Vitamin A: 3418.84IU (68.38%), Folate: 137.34µg (34.33%), Fiber: 5.99g (23.94%), Copper: 0.43mg (21.44%), Vitamin B6: 0.39mg (19.26%), Vitamin E: 2.87mg (19.12%), Potassium: 563.5mg (16.1%), Vitamin K: 13.24µg (12.61%), Vitamin B3: 2.16mg (10.81%), Manganese: 0.21mg (10.7%), Magnesium: 37.11mg (9.28%), Vitamin B2: 0.15mg (8.61%), Vitamin B5: 0.69mg (6.88%), Vitamin B1: 0.1mg (6.52%), Calcium: 58.4mg (5.84%), Phosphorus: 50.23mg (5.02%), Iron: 0.8mg (4.44%), Selenium: 2.6µg (3.71%), Zinc: 0.37mg (2.47%)