



 **10%**
HEALTH SCORE

Mango Avocado Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



139 kcal

DESSERT

Ingredients

- 2 avocado ripe
- 3 tablespoons honey
- 1 juice of lime
- 1 mangos
- 1 cup milk whole

Equipment

- blender
- ice cream machine

Directions

Blend everything together in a blender until smooth.Refrigerate over night.Churn in your ice cream maker as according to the manufacturer's instruction.

Nutrition Facts

PROTEIN 5.99% **FAT 50.52%** **CARBS 43.49%**

Properties

Glycemic Index:22.75, Glycemic Load:6.09, Inflammation Score:-5, Nutrition Score:6.8834782608696%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg 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: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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 Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 139.1kcal (6.96%), Fat: 8.46g (13.02%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 12.59g (4.58%), Sugar: 11.87g (13.19%), Cholesterol: 3.66mg (1.22%), Sodium: 15.76mg (0.69%), Protein: 2.26g (4.51%), Vitamin C: 15.61mg (18.92%), Fiber: 3.81g (15.25%), Folate: 52.36µg (13.09%), Vitamin K: 11.75µg (11.19%), Potassium: 341.42mg (9.75%), Vitamin B6: 0.18mg (9.09%), Vitamin B5: 0.87mg (8.73%), Vitamin E: 1.3mg (8.64%), Vitamin A: 404.62IU (8.09%), Vitamin B2: 0.12mg (7.11%), Copper: 0.13mg (6.42%), Phosphorus: 61.4mg (6.14%), Vitamin B3: 1.09mg (5.47%), Magnesium: 21.28mg (5.32%), Manganese: 0.1mg (4.79%), Calcium: 47.39mg (4.74%), Vitamin B1: 0.06mg (3.93%), Zinc: 0.49mg (3.27%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%), Iron: 0.35mg (1.97%), Selenium: 1µg (1.43%)