



Mango Blueberry "Fool"

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound blueberries
- ☐ 1 cup cup heavy whipping cream chilled
- ☐ 2 tablespoon juice of lime fresh to taste
- ☐ 6 servings lime zest grated to taste
- ☐ 1 pound mangos pitted ripe peeled cut into chunks
- ☐ 0.3 cup sugar to taste

Equipment

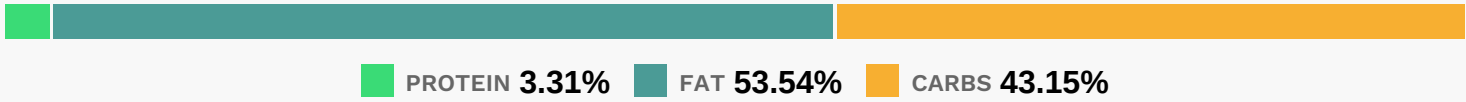
- ☐ bowl

☐ blender

Directions

- ☐ Purée mango, sugar, lime juice, and a pinch of salt in a blender until very smooth.
- ☐ Add cream and blend until very thick. Blend in additional lime juice and sugar to taste.
- ☐ Transfer to a bowl and fold in most of blueberries, then divide among 6 glasses. Top with remaining blueberries and zest. If desired, chill, loosely covered, 30 minutes.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:12.91, Inflammation Score:-8, Nutrition Score:7.4486955145131%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Petunidin: 11.92mg, Petunidin: 11.92mg, Petunidin: 11.92mg, Petunidin: 11.92mg Delphinidin: 13.41mg, Delphinidin: 13.41mg, Delphinidin: 13.41mg, Delphinidin: 13.41mg Malvidin: 25.55mg, Malvidin: 25.55mg, Malvidin: 25.55mg, Malvidin: 25.55mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 7.67mg, Peonidin: 7.67mg, Peonidin: 7.67mg, Peonidin: 7.67mg Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg, Catechin: 3.3mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 235.4kcal (11.77%), Fat: 14.76g (22.71%), Saturated Fat: 9.2g (57.53%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 24.61g (8.95%), Sugar: 23.7g (26.33%), Cholesterol: 44.82mg (14.94%), Sodium: 12.05mg (0.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Vitamin C: 33.21mg (40.26%), Vitamin A: 1424.49IU (28.49%), Vitamin K: 11.78µg (11.22%), Folate: 36.94µg (9.24%), Manganese: 0.18mg (8.82%), Fiber: 2.16g (8.66%), Vitamin E: 1.27mg (8.49%), Vitamin B2: 0.12mg (7.14%), Vitamin B6: 0.13mg (6.29%), Potassium: 200.83mg (5.74%), Copper: 0.11mg (5.62%), Vitamin D: 0.63µg (4.23%), Phosphorus: 39.01mg (3.9%), Calcium: 37.88mg

(3.79%), Vitamin B3: 0.7mg (3.49%), Magnesium: 13.06mg (3.27%), Vitamin B5: 0.31mg (3.05%), Vitamin B1: 0.04mg (2.98%), Selenium: 1.74µg (2.49%), Iron: 0.28mg (1.56%), Zinc: 0.23mg (1.53%), Vitamin B12: 0.06µg (1.06%)