



Mango-Chile Ice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



525 min.

SERVINGS



8

CALORIES



354 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon ancho chili powder plus more
- 0.5 cup juice of lime fresh
- 2 tablespoons lime zest
- 5.3 pounds mangos diced pitted peeled halved ()
- 1.8 cups sugar

Equipment

- sieve
- glass baking pan

Directions

- Set a strainer in a 13x9x2" glass baking dish.
- Combine half of all ingredients with 5 tablespoons water in a processor and purée until smooth. Strain mango mixture into dish. Purée the remaining ingredients with 5 tablespoons water and strain mango mixture into dish. Freeze until mixture is slushy, about 2 hours. Working in 2 batches, purée in processor again. Return mango ice to same dish. Freeze 2 hours. Repeat 2 more times. DO AHEAD: Can be made 2 days ahead. Cover and keep frozen.
- Let stand at room temperature for 30 minutes. Scoop into dishes, sprinkle with chile powder, if desired, and serve.

Nutrition Facts

PROTEIN 2.67% **FAT 3.08%** **CARBS 94.25%**

Properties

Glycemic Index:19.23, Glycemic Load:51.55, Inflammation Score:-10, Nutrition Score:15.822608688603%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg 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: 5.2mg, Catechin: 5.2mg, Catechin: 5.2mg, Catechin: 5.2mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 354.28kcal (17.71%), Fat: 1.31g (2.02%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 90.4g (30.13%), Net Carbohydrates: 85.43g (31.07%), Sugar: 85.38g (94.86%), Cholesterol: 0mg (0%), Sodium: 4.82mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.12%), Vitamin C: 115.05mg (139.45%), Vitamin A: 3298.76IU (65.98%), Folate: 131.68µg (32.92%), Fiber: 4.96g (19.85%), Vitamin E: 2.78mg (18.55%), Vitamin B6: 0.37mg (18.38%), Copper: 0.34mg (17.22%), Potassium: 529.34mg (15.12%), Vitamin K: 12.87µg (12.25%), Vitamin B3: 2.05mg (10.27%), Manganese: 0.2mg (9.81%), Magnesium: 31.63mg (7.91%), Vitamin B2: 0.13mg (7.43%), Vitamin B5: 0.62mg (6.18%), Vitamin B1: 0.09mg (5.94%), Phosphorus: 44.91mg (4.49%), Calcium: 36.52mg (3.65%), Selenium: 2.11µg (3.02%), Iron: 0.54mg (3%), Zinc: 0.29mg (1.95%)