



## Mango Coconut Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



635 kcal

DESSERT

### Ingredients

- 1.3 cups mangos canned
- 0.5 cup sugar
- 0.5 cup cup heavy whipping cream
- 1 cup milk whole
- 2 large egg yolk
- 0.8 cup coconut milk unsweetened canned
- 2 tablespoons plus light
- 1.3 cups pear puree canned

- 0.3 teaspoon vanilla
- 1 tablespoon juice of lemon fresh
- 1 serving frangelico

## Equipment

- bowl
- sauce pan
- whisk
- sieve
- wooden spoon
- kitchen thermometer
- ice cream machine

## Directions

- Stir together mango purée, coconut milk, cream, corn syrup, lemon juice, and vanilla in a bowl until combined well.
- Bring milk just to a boil in a 2- to 3-quart heavy saucepan.
- Whisk together yolks, sugar, and a large pinch of salt in a bowl, then add hot milk in a stream, whisking.
- Pour custard into saucepan and cook over moderately low heat, stirring with a wooden spoon, until it registers 170 to 175°F on thermometer, 2 to 3 minutes.
- Remove from heat, then stir in mango mixture until combined well.
- Pour custard through a fine-mesh sieve into a large bowl (to remove any strings from mango), discarding solids, and cool to room temperature, stirring occasionally. Chill custard, covered, until very cold, about 4 hours.
- Freeze custard in ice cream maker.
- Transfer ice cream to an airtight container and put in freezer to harden, at least 12 hours.
- Ice cream can be made 3 days ahead.

## Nutrition Facts



■ PROTEIN 5.04% ■ FAT 47.19% ■ CARBS 47.77%

## Properties

Glycemic Index:76.86, Glycemic Load:38.99, Inflammation Score:-9, Nutrition Score:19.957825868026%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 635.06kcal (31.75%), Fat: 35.02g (53.88%), Saturated Fat: 24.54g (153.38%), Carbohydrates: 79.76g (26.59%), Net Carbohydrates: 75.62g (27.5%), Sugar: 75.81g (84.24%), Cholesterol: 176.98mg (58.99%), Sodium: 67.31mg (2.93%), Alcohol: 0.11g (100%), Alcohol %: 0.03% (100%), Protein: 8.42g (16.85%), Vitamin C: 67.55mg (81.88%), Vitamin A: 2772.09IU (55.44%), Manganese: 0.67mg (33.62%), Folate: 103.98µg (26%), Phosphorus: 234.27mg (23.43%), Selenium: 14.16µg (20.23%), Vitamin B2: 0.32mg (18.86%), Copper: 0.37mg (18.56%), Potassium: 630.29mg (18.01%), Calcium: 172.27mg (17.23%), Vitamin B6: 0.33mg (16.68%), Fiber: 4.14g (16.54%), Vitamin E: 2.37mg (15.8%), Vitamin D: 2.14µg (14.28%), Magnesium: 53.29mg (13.32%), Vitamin B12: 0.72µg (12.06%), Vitamin B5: 1.2mg (12.05%), Vitamin B1: 0.15mg (9.86%), Iron: 1.63mg (9.08%), Zinc: 1.32mg (8.8%), Vitamin B3: 1.75mg (8.73%), Vitamin K: 9µg (8.57%)