



Mango-Coconut Sherbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



6

CALORIES



206 kcal

DESSERT

Ingredients



0.8 cup granulated sugar



13.5 ounce lite coconut milk light canned



1 tablespoon juice of lime fresh



2 cups mangos ripe cubed peeled



0.3 cup coconut flakes unsweetened flaked toasted

Equipment

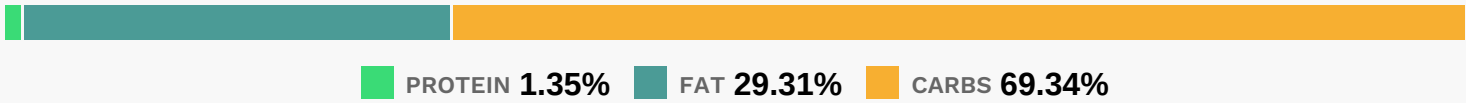


blender

Directions

- ☐ Combine cubed mango, sugar, 1 tablespoon lime juice, and coconut milk in a blender; process until mixture is smooth, scraping sides as necessary.
- ☐ Pour mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions to soft-serve consistency. Spoon sherbet into a freezer-safe container; cover and freeze 2 hours or until firm.
- ☐ Sprinkle each serving with coconut.

Nutrition Facts



Properties

Glycemic Index:20.31, Glycemic Load:21.27, Inflammation Score:-5, Nutrition Score:3.8104347897613%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 206.4kcal (10.32%), Fat: 6.82g (10.5%), Saturated Fat: 6.33g (39.53%), Carbohydrates: 36.32g (12.11%), Net Carbohydrates: 34.85g (12.67%), Sugar: 32.79g (36.43%), Cholesterol: 0mg (0%), Sodium: 55.31mg (2.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.41%), Vitamin C: 20.82mg (25.24%), Vitamin A: 596.35IU (11.93%), Manganese: 0.13mg (6.67%), Folate: 24.22µg (6.05%), Fiber: 1.47g (5.87%), Copper: 0.09mg (4.58%), Vitamin B6: 0.08mg (3.85%), Vitamin E: 0.52mg (3.44%), Potassium: 115.06mg (3.29%), Magnesium: 8.89mg (2.22%), Vitamin K: 2.34µg (2.22%), Vitamin B3: 0.39mg (1.96%), Vitamin B2: 0.03mg (1.74%), Selenium: 1.14µg (1.63%), Phosphorus: 15.35mg (1.53%), Vitamin B5: 0.14mg (1.4%), Iron: 0.22mg (1.22%), Vitamin B1: 0.02mg (1.21%)