



Mango Cream



Vegetarian



Gluten Free

READY IN



150 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup heavy cream
- ☐ 0.3 cup honey
- ☐ 3 mangos

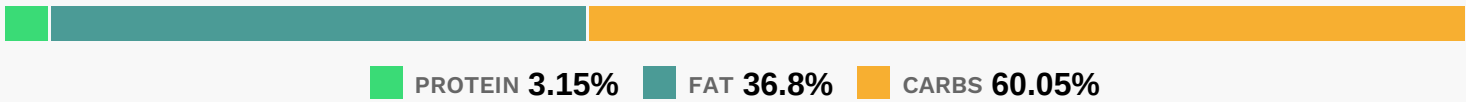
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a medium saucepan, bring to a boil water to cover mangos.
- ☐ Place whole, unpeeled mangos in boiling water and simmer until skin starts to come off.
- ☐ Remove mangos from water and let cool until cool enough to handle.
- ☐ While the mangos are simmering, beat the cream and honey in a medium bowl until light and fluffy.
- ☐ Remove the skin from the mangos and remove the mangos from their pits.
- ☐ Place fruit in a blender and puree until smooth. Fold mango puree into cream mixture until well combined.
- ☐ Mixture should be thick and smooth.
- ☐ Pour into dessert bowls and chill 2 hours in refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:17.34, Glycemic Load:13.25, Inflammation Score:-8, Nutrition Score:6.7526086983473%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 172.47kcal (8.62%), Fat: 7.55g (11.62%), Saturated Fat: 4.66g (29.11%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 26.04g (9.47%), Sugar: 26.36g (29.28%), Cholesterol: 22.41mg (7.47%), Sodium: 6.95mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin C: 37.86mg (45.9%), Vitamin A: 1411.42IU (28.23%), Folate: 45.58µg (11.4%), Vitamin E: 1.11mg (7.43%), Fiber: 1.68g (6.74%), Vitamin B6: 0.13mg (6.67%), Copper: 0.12mg (6.11%), Potassium: 200.07mg (5.72%), Vitamin B2: 0.08mg (4.82%), Vitamin K: 4.98µg (4.74%), Manganese: 0.08mg (3.84%), Vitamin B3: 0.72mg (3.61%), Magnesium: 12.02mg (3.01%), Phosphorus: 26.56mg (2.66%), Vitamin B5: 0.26mg (2.64%), Calcium: 25.32mg (2.53%), Vitamin B1: 0.03mg (2.2%), Vitamin D: 0.32µg

(2.12%), Selenium: 1.33µg (1.9%), Iron: 0.24mg (1.36%), Zinc: 0.17mg (1.15%)