

Mango Fool

 Gluten Free

READY IN



1500 min.

SERVINGS



6

CALORIES



324 kcal

SIDE DISH

Ingredients

- ☐ 1 large eggs
- ☐ 1.3 teaspoons gelatin powder unflavored (less than 1 envelope)
- ☐ 1 cup heavy cream chilled
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 30 oz alphonso mango in syrup drained canned
- ☐ 0.5 cup sugar
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen thermometer

Directions

- ☐ Sprinkle gelatin over 3 tablespoons milk in a small bowl and let soften while making custard.
- ☐ Bring remaining milk just to a boil in a small heavy saucepan, then remove from heat.
- ☐ Whisk together egg and 1/4 cup sugar until combined well, then add hot milk in a slow stream, whisking.
- ☐ Pour custard into pan and cook over moderately low heat, stirring constantly with a wooden spoon, until an instant-read thermometer registers 170°F and custard coats back of spoon (do not boil), about 2 minutes. Stir in gelatin mixture and cook over low heat, stirring, until dissolved, about 1 minute (do not boil).
- ☐ Pour custard through a sieve into a bowl and cool, stirring occasionally.
- ☐ Purée mangoes with remaining 1/4 cup sugar and lime juice in a blender until very smooth and force through sieve into custard. Stir until combined well, then chill until cold but not set, about 1 hour.
- ☐ Beat cream with an electric mixer until it just holds stiff peaks, then fold into mango custard gently but thoroughly. Chill, covered, at least 8 hours.
- ☐ Before serving, spoon fool into 6 dishes.
- ☐ •Fool can be chilled up to 1 day.* Alphonso mango slices (preferably Ratna brand) are available at specialty foods shops and Kalustyan's (212-685-3451).

Nutrition Facts



 **PROTEIN 6.36%**  **FAT 45.06%**  **CARBS 48.58%**

Properties

Glycemic Index:26.64, Glycemic Load:22.19, Inflammation Score:-9, Nutrition Score:11.874782717746%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg 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: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 324.13kcal (16.21%), Fat: 17.01g (26.17%), Saturated Fat: 10.27g (64.2%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 38.98g (14.17%), Sugar: 39.26g (43.62%), Cholesterol: 80.7mg (26.9%), Sodium: 41.29mg (1.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.8%), Vitamin C: 52.96mg (64.19%), Vitamin A: 2229.56IU (44.59%), Folate: 67.08µg (16.77%), Vitamin B2: 0.23mg (13.43%), Vitamin E: 1.76mg (11.71%), Vitamin B6: 0.22mg (11.15%), Phosphorus: 101.27mg (10.13%), Potassium: 353.17mg (10.09%), Calcium: 97.61mg (9.76%), Copper: 0.19mg (9.41%), Fiber: 2.28g (9.13%), Vitamin D: 1.25µg (8.32%), Selenium: 5.8µg (8.29%), Vitamin K: 7.39µg (7.04%), Vitamin B5: 0.67mg (6.65%), Vitamin B12: 0.36µg (5.95%), Magnesium: 23.31mg (5.83%), Vitamin B3: 1.03mg (5.14%), Vitamin B1: 0.07mg (4.99%), Manganese: 0.1mg (4.79%), Zinc: 0.5mg (3.35%), Iron: 0.43mg (2.41%)