



Mango Fools with Chocolate-Anise Straws

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 6 servings accompaniment: chocolate-anise straws
- ☐ 1.3 teaspoons gelatin powder unflavored
- ☐ 0.8 cup heavy cream
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 0.3 cup depending on sweetness of mangoes to taste
- ☐ 4 cups mangoes very ripe coarsely chopped

Equipment

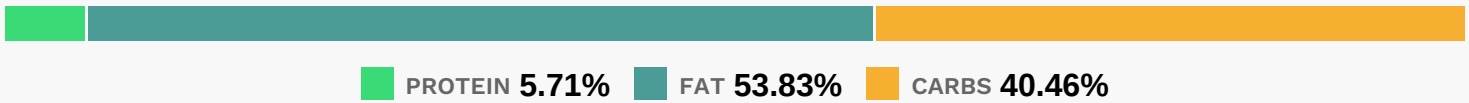
- ☐ bowl

- ☐ frying pan
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ microwave
- ☐ peeler

Directions

- ☐ Sprinkle gelatin over juice in a small heatproof cup and let stand 1 minute to soften. Purée mangoes with sugar in a blender until very smooth and force through a sieve into a large bowl.
- ☐ Melt softened gelatin in cup in a pan of simmering water or in a microwave and stir into purée. Beat cream with an electric mixer until it just holds stiff peaks and gently fold into purée.
- ☐ Chill fool, covered, at least 8 hours.
- ☐ •Mango fool can be kept, chilled and covered, up to 2 days. •There are two ways of getting to the flesh of a mango. The safest way is to cut the two wide, fleshiest sides of the mango as close to the pit as possible. Score cut sides of the pieces in a crosshatch pattern, turn them inside out, then cut the flesh from the skin. You can also remove the skin first with a vegetable peeler, then cut the flesh from the pit with a sharp knife. (Take care if you use this method; the mango's slipperiness can be tricky.)

Nutrition Facts



Properties

Glycemic Index:18.08, Glycemic Load:8.12, Inflammation Score:-8, Nutrition Score:8.3056522374568%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg 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: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg 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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 178.37kcal (8.92%), Fat: 11.35g (17.46%), Saturated Fat: 6.96g (43.48%), Carbohydrates: 19.19g (6.4%), Net Carbohydrates: 17.16g (6.24%), Sugar: 16.94g (18.83%), Cholesterol: 33.62mg (11.21%), Sodium: 11.07mg (0.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Vitamin C: 44.06mg (53.4%), Vitamin A: 1706.9IU (34.14%), Folate: 52.17µg (13.04%), Vitamin E: 1.33mg (8.89%), Fiber: 2.03g (8.12%), Copper: 0.16mg (8.06%), Vitamin B6: 0.16mg (7.87%), Potassium: 243.54mg (6.96%), Vitamin B2: 0.11mg (6.22%), Vitamin K: 5.88µg (5.6%), Manganese: 0.1mg (4.92%), Vitamin B3: 0.84mg (4.19%), Calcium: 39.93mg (3.99%), Magnesium: 15.95mg (3.99%), Phosphorus: 38.87mg (3.89%), Iron: 0.6mg (3.33%), Vitamin B5: 0.32mg (3.2%), Vitamin D: 0.48µg (3.17%), Vitamin B1: 0.04mg (2.88%), Selenium: 1.98µg (2.82%), Zinc: 0.23mg (1.56%)