



Mango Freeze

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



101 kcal

SIDE DISH

Ingredients

- 0.5 cup banana ripe mashed
- 1 tablespoon juice of lime fresh
- 4 cups mangos ripe peeled cut into 1-inch pieces (4 large)
- 0.8 cup powdered sugar
- 8 ounce carton vanilla yogurt low-fat

Equipment

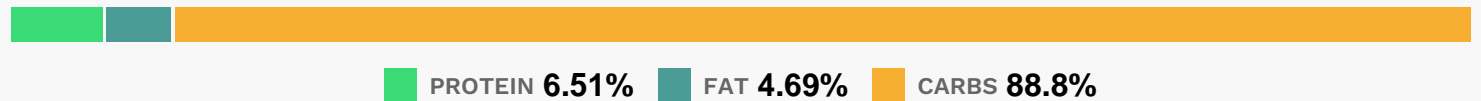
- food processor
- bowl

- baking sheet
- blender
- plastic wrap

Directions

- Place mango pieces on a baking sheet lined with plastic wrap; freeze at least 4 hours.
- Remove from freezer; let stand 10 minutes.
- Place mango pieces in a food processor or blender; process until smooth, scraping sides of bowl occasionally.
- Add sugar, banana, and lime juice. With food processor on, slowly spoon yogurt through food chute; process until smooth, scraping sides of bowl once. Spoon mixture into a freezer-safe container; cover and freeze 3 hours or until firm.
- Let the Mango Freeze soften a little before serving.

Nutrition Facts



Properties

Glycemic Index:10.65, Glycemic Load:5.41, Inflammation Score:-6, Nutrition Score:4.9847826465316%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 100.94kcal (5.05%), Fat: 0.56g (0.86%), Saturated Fat: 0.25g (1.58%), Carbohydrates: 23.85g (7.95%), Net Carbohydrates: 22.59g (8.21%), Sugar: 21.91g (24.35%), Cholesterol: 1.13mg (0.38%), Sodium: 15.91mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.49%), Vitamin C: 25.31mg (30.68%), Vitamin A: 729.42IU

(14.59%), Folate: 32.52µg (8.13%), Vitamin B6: 0.12mg (5.84%), Potassium: 189.33mg (5.41%), Fiber: 1.26g (5.03%), Calcium: 46.72mg (4.67%), Vitamin B2: 0.08mg (4.59%), Phosphorus: 41.72mg (4.17%), Copper: 0.08mg (4.15%), Vitamin E: 0.61mg (4.06%), Manganese: 0.06mg (3.17%), Magnesium: 12.37mg (3.09%), Vitamin B5: 0.28mg (2.82%), Vitamin K: 2.84µg (2.71%), Vitamin B3: 0.52mg (2.59%), Selenium: 1.64µg (2.34%), Vitamin B1: 0.03mg (2.05%), Vitamin B12: 0.12µg (2%), Zinc: 0.26mg (1.74%)