



## Mango Granita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



105 kcal

### Ingredients

- 0.1 teaspoon ground cardamom
- 1 tablespoon juice of lime fresh
- 1 teaspoon lime zest
- 24 ounce mangos drained sliced
- 0.5 teaspoon vanilla extract

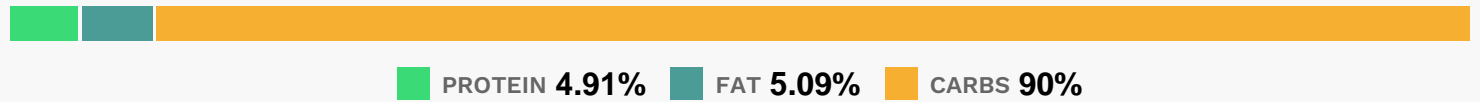
### Equipment

- sauce pan
- blender
- baking pan

## Directions

- Combine sliced mango, syrup, and remaining ingredients in a medium saucepan over medium-high heat; bring to a boil. Reduce heat; simmer 5 minutes, stirring occasionally until mixture is thickened and mango is very tender. Cool slightly.
- Pour mixture into a blender, and process until smooth.
- Pour into an 8-inch baking dish; cover and freeze 3 hours or until firm.
- Scrape mango mixture with a fork; divide among 4 serving dishes.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:22.19, Glycemic Load:11.81, Inflammation Score:-8, Nutrition Score:9.6999998455462%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg 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: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg, Catechin: 2.93mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 104.68kcal (5.23%), Fat: 0.65g (1%), Saturated Fat: 0.16g (0.98%), Carbohydrates: 25.97g (8.66%), Net Carbohydrates: 23.21g (8.44%), Sugar: 23.44g (26.04%), Cholesterol: 0mg (0%), Sodium: 1.84mg (0.08%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 1.42g (2.84%), Vitamin C: 63.19mg (76.6%), Vitamin A: 1842.58IU (36.85%), Folate: 73.56µg (18.39%), Fiber: 2.76g (11.04%), Vitamin E: 1.54mg (10.27%), Vitamin B6: 0.2mg (10.21%), Copper: 0.19mg (9.53%), Potassium: 291.75mg (8.34%), Vitamin K: 7.17µg (6.83%), Manganese: 0.12mg (5.89%), Vitamin B3: 1.15mg (5.73%), Magnesium: 17.47mg (4.37%), Vitamin B2: 0.07mg (3.87%), Vitamin B5: 0.34mg (3.41%), Vitamin B1: 0.05mg (3.26%), Phosphorus: 24.51mg (2.45%), Calcium: 19.58mg (1.96%), Iron: 0.28mg (1.57%), Selenium: 1.03µg (1.47%), Zinc: 0.16mg (1.06%)