



Mango Ice Box Cake

READY IN



255 min.

SERVINGS



24

CALORIES



150 kcal

Ingredients

- 2 cups cup heavy whipping cream
- 5 ladyfingers crumbled
- 4 mangos peeled sliced
- 14 ounce condensed milk sweetened canned

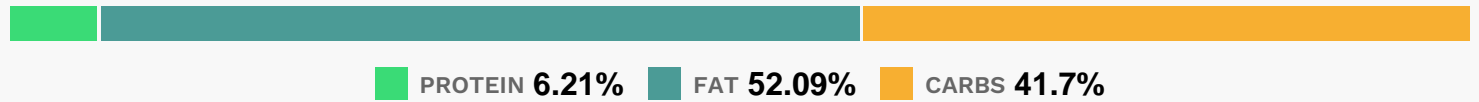
Equipment

- whisk
- baking pan

Directions

- Whisk together the sweetened condensed milk and cream. Set aside.
- Arrange 10 ladyfingers in a 7x11 baking dish; layer about half of the mango slices on the ladyfingers.
- Pour half of the milk mixture over the mangoes and ladyfingers. Repeat layering.
- Sprinkle ladyfinger crumbs over top. Cover dish and freeze at least 4 hours.

Nutrition Facts



Properties

Glycemic Index:4.7, Glycemic Load:7.88, Inflammation Score:-5, Nutrition Score:4.116956534593%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg 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: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 149.58kcal (7.48%), Fat: 8.94g (13.75%), Saturated Fat: 5.58g (34.88%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 15.53g (5.65%), Sugar: 14.3g (15.89%), Cholesterol: 33.1mg (11.03%), Sodium: 30.07mg (1.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.4g (4.79%), Vitamin C: 13.11mg (15.89%), Vitamin A: 721.74IU (14.43%), Vitamin B2: 0.13mg (7.59%), Calcium: 64.93mg (6.49%), Phosphorus: 62.14mg (6.21%), Folate: 19.21µg (4.8%), Selenium: 3.25µg (4.64%), Potassium: 140.74mg (4.02%), Vitamin E: 0.52mg (3.46%), Vitamin B6: 0.06mg (2.96%), Vitamin B5: 0.27mg (2.68%), Magnesium: 9.41mg (2.35%), Vitamin D: 0.35µg (2.34%), Vitamin B1: 0.04mg (2.33%), Fiber: 0.57g (2.3%), Copper: 0.05mg (2.26%), Vitamin K: 2.18µg (2.08%), Vitamin B12: 0.12µg (2.03%), Zinc: 0.26mg (1.73%), Vitamin B3: 0.33mg (1.63%), Manganese: 0.03mg (1.42%), Iron: 0.19mg (1.05%)