

Mango-Lime Ice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 4 large mangos peeled coarsely chopped ()
- ☐ 1 orange zest
- ☐ 1.3 cups sugar

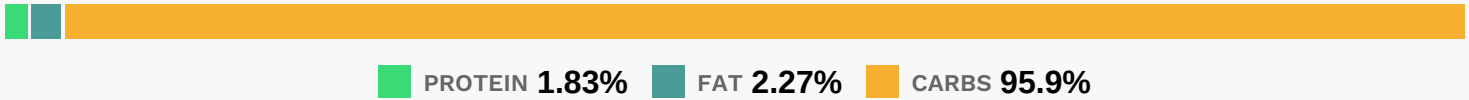
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve

Directions

- ☐ In the bowl of a food processor, combine the mangoes, orange zest, sugar, lime juice, and 1 cup water. Process until the mixture is smooth.
- ☐ Pour through a fine-mesh sieve set over a large bowl then press gently on and discard any solids (there will be about 3 cups syrup).
- ☐ Transfer to a freezer-safe dish, cover with plastic, and freeze until the mixture is firm 2 inches in from the sides, about 2 hours.
- ☐ Scrape into a food processor and process until the mixture is slushy. Repeat the freezing and processing 2 more times, then freeze for at least 1 hour before serving. DO AHEAD: The ice can be made ahead and stored in the freezer, well wrapped, up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:15.23, Glycemic Load:28.99, Inflammation Score:-7, Nutrition Score:6.3143478061842%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 186.39kcal (9.32%), Fat: 0.5g (0.77%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 46.02g (16.73%), Sugar: 45.54g (50.6%), Cholesterol: 0mg (0%), Sodium: 1.59mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.83%), Vitamin C: 42.74mg (51.8%), Vitamin A: 1131.21IU (22.62%), Folate: 45.96µg (11.49%), Fiber: 1.86g (7.42%), Vitamin B6: 0.13mg (6.48%), Vitamin E: 0.96mg (6.38%), Copper: 0.12mg (6.06%), Potassium: 189.48mg (5.41%), Vitamin K: 4.41µg (4.2%), Vitamin B3: 0.72mg (3.6%), Manganese: 0.07mg (3.41%), Magnesium: 11.49mg (2.87%), Vitamin B2: 0.05mg (2.83%), Vitamin B5: 0.22mg (2.24%), Vitamin B1: 0.03mg (2.22%), Phosphorus: 16.22mg (1.62%), Calcium: 15.52mg (1.55%), Selenium: 0.83µg (1.19%), Iron: 0.2mg

(1.12%)