

Mango-Lime Ice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup juice of lime fresh (6 limes)
- ☐ 3 cups mangos ripe peeled coarsely chopped (4 mangos)
- ☐ 2 teaspoons orange zest grated
- ☐ 1 cup sugar
- ☐ 1.5 cups water

Equipment

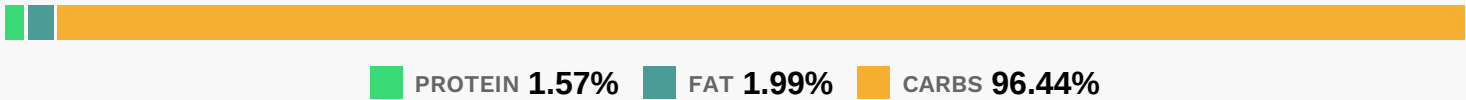
- ☐ food processor
- ☐ bowl

- ☐ sieve
- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine all the ingredients in a blender or food processor, and process until smooth (the ingredients may need to be processed in 2 batches).
- ☐ Press mango mixture through a fine sieve over a bowl; discard solids.
- ☐ Pour mixture into an 8-inch square baking dish; cover and freeze 4 hours or until firm.
- ☐ Place mixture in a food processor, and process until slushy. Freeze for 3 hours. Soften slightly in the refrigerator for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.23, Glycemic Load:21.74, Inflammation Score:-5, Nutrition Score:4.0026086620663%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg 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: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg 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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 137.64kcal (6.88%), Fat: 0.33g (0.5%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 35.58g (11.86%), Net Carbohydrates: 34.48g (12.54%), Sugar: 33.68g (37.42%), Cholesterol: 0mg (0%), Sodium: 3.4mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Vitamin C: 27.74mg (33.62%), Vitamin A: 679.15IU (13.58%), Folate: 28.27µg (7.07%), Fiber: 1.1g (4.41%), Copper: 0.08mg (4.1%), Vitamin B6: 0.08mg (4.01%), Vitamin E: 0.59mg (3.94%), Potassium: 123.21mg (3.52%), Vitamin K: 2.69µg (2.56%), Vitamin B3: 0.44mg (2.2%), Manganese: 0.04mg (2.14%), Magnesium: 7.95mg (1.99%), Vitamin B2: 0.03mg (1.82%), Vitamin B1: 0.02mg (1.45%), Vitamin B5:

0.14mg (1.43%), Calcium: 11.31mg (1.13%), Phosphorus: 10.89mg (1.09%)