

Mango-Lime Ice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup juice of lime fresh
- ☐ 1.5 pounds mangos ripe peeled chopped
- ☐ 1.5 tablespoons orange rind grated
- ☐ 1.3 cups sugar
- ☐ 1 cup water

Equipment

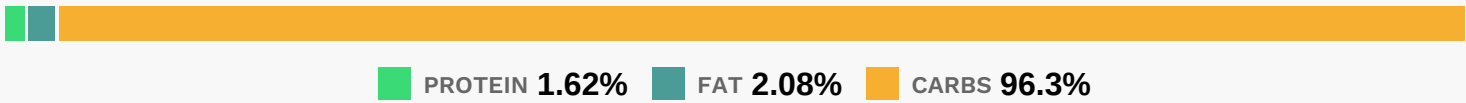
- ☐ food processor
- ☐ bowl

☐ sieve

Directions

- ☐ Combine first 5 ingredients in a food processor, and process until smooth. Press mango mixture through a sieve over a bowl, reserving liquid; discard pulp.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon mango mixture into a freezer-safe container; cover and freeze 1 hour or until firm.
- ☐ Garnish with thin lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:15.23, Glycemic Load:27.71, Inflammation Score:-6, Nutrition Score:5.2495651892994%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg 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: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 174.95kcal (8.75%), Fat: 0.43g (0.67%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 45.01g (15%), Net Carbohydrates: 43.49g (15.82%), Sugar: 43.01g (47.79%), Cholesterol: 0mg (0%), Sodium: 2.88mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Vitamin C: 35.51mg (43.05%), Vitamin A: 929.99IU (18.6%), Folate: 37.92µg (9.48%), Fiber: 1.52g (6.08%), Vitamin B6: 0.11mg (5.35%), Vitamin E: 0.79mg (5.27%), Copper: 0.11mg (5.25%), Potassium: 157.69mg (4.51%), Vitamin K: 3.63µg (3.46%), Vitamin B3: 0.59mg (2.97%), Manganese: 0.06mg (2.83%), Magnesium: 9.85mg (2.46%), Vitamin B2: 0.04mg (2.4%), Vitamin B1: 0.03mg (1.85%), Vitamin B5: 0.19mg (1.85%), Calcium: 13.78mg (1.38%), Phosphorus: 13.55mg (1.36%), Selenium: 0.72µg (1.03%)