



Mango-Lime Sorbet



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



156 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

Ingredients

- 2 teaspoons juice of lime fresh
- 1 teaspoon lime rind grated
- 2.3 cups pear puree (4 mangoes)
- 0.5 cup simple syrup glaze plain

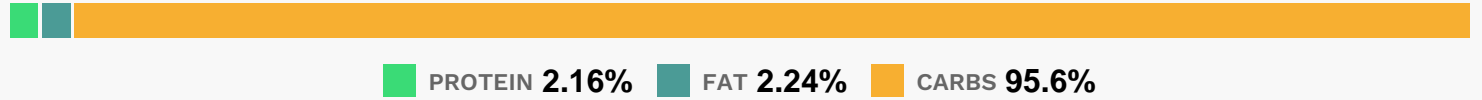
Equipment

- bowl

Directions

- Combine all ingredients in a bowl. Cover and chill 1 hour.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon sorbet into a freezer-safe container; cover and freeze 1 hour or until firm.
- Garnish with lime zest, if desired.

Nutrition Facts



Properties

Glycemic Index:10.47, Glycemic Load:4.98, Inflammation Score:0, Nutrition Score:4.4569564383963%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg 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: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 100.08kcal (5%), Fat: 0.27g (0.42%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 26.29g (8.76%), Net Carbohydrates: 25.13g (9.14%), Sugar: 25.27g (28.08%), Cholesterol: 0mg (0%), Sodium: 12.96mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.19%), Vitamin C: 26.55mg (32.19%), Vitamin A: 776.75IU (15.53%), Folate: 30.98µg (7.75%), Iron: 0.88mg (4.86%), Fiber: 1.16g (4.64%), Vitamin E: 0.65mg (4.33%), Vitamin B6: 0.09mg (4.3%), Copper: 0.08mg (4.22%), Potassium: 135.47mg (3.87%), Vitamin B1: 0.05mg (3.19%), Vitamin K: 3.02µg (2.88%), Vitamin B3: 0.5mg (2.52%), Vitamin B2: 0.04mg (2.36%), Magnesium: 9.39mg (2.35%), Manganese: 0.05mg (2.27%), Vitamin B5: 0.14mg (1.43%), Phosphorus: 11.95mg (1.19%), Calcium: 10.88mg (1.09%)