



Mango Mascarpone Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



231 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4.5 pounds mangos ripe cubed peeled
- ☐ 1 cup apricot-mango nectar
- ☐ 5 ounces mascarpone cheese
- ☐ 1 Dash salt
- ☐ 0.3 cup cream fat-free sour
- ☐ 0.3 cup sugar

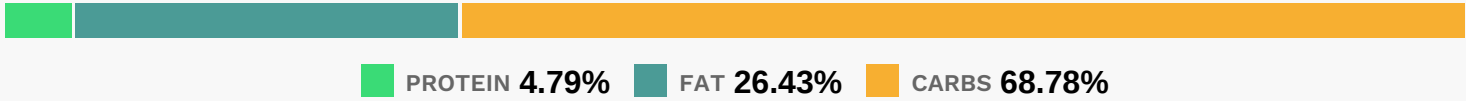
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine nectar and sugar in a small saucepan. Cook over medium heat 5 minutes or until sugar dissolves, stirring constantly. Cool.
- ☐ Place mango cubes in a blender, and process until smooth. Press pureed mango through a fine sieve over a bowl; discard solids.
- ☐ Combine mango puree, cheese, and sour cream in a blender; process until smooth.
- ☐ Pour into a bowl; stir in nectar mixture, juice, and salt. Cover; chill completely.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a chilled, freezer-safe container; cover and freeze 2 hours or until almost firm.

Nutrition Facts



Properties

Glycemic Index:12.18, Glycemic Load:18.81, Inflammation Score:-9, Nutrition Score:12.51173900003%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 3.51mg, Catechin: 3.51mg, Catechin: 3.51mg, Catechin: 3.51mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 230.73kcal (11.54%), Fat: 7.19g (11.07%), Saturated Fat: 4.16g (26.01%), Carbohydrates: 42.13g (14.04%), Net Carbohydrates: 38.78g (14.1%), Sugar: 37.8g (42%), Cholesterol: 14.86mg (4.95%), Sodium: 25.86mg (1.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.87%), Vitamin C: 78.69mg (95.39%), Vitamin A: 2600.32IU (52.01%), Folate: 90.67µg (22.67%), Fiber: 3.35g (13.38%), Vitamin E: 1.89mg (12.61%), Vitamin B6: 0.25mg (12.44%), Copper: 0.23mg (11.61%), Potassium: 360.51mg (10.3%), Vitamin K: 8.77µg (8.36%), Vitamin B3: 1.39mg (6.96%), Manganese: 0.14mg (6.8%), Calcium: 56.31mg (5.63%), Magnesium: 22.02mg (5.51%), Vitamin B2: 0.09mg (5.37%), Vitamin B5: 0.42mg (4.22%), Vitamin B1: 0.06mg (4.09%), Phosphorus: 36.48mg (3.65%), Selenium: 1.77µg (2.53%), Iron: 0.42mg (2.34%), Zinc: 0.23mg (1.52%)