



Mango Melba



Vegetarian



Gluten Free

READY IN



7 min.

SERVINGS



4

CALORIES



166 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups whipped cream low-fat
- ☐ 1 cup mangos chopped
- ☐ 1 cup raspberries fresh
- ☐ 3 tablespoons sugar
- ☐ 2 tablespoons water

Equipment

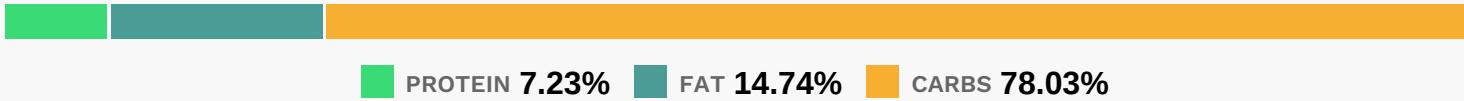
- ☐ bowl
- ☐ sauce pan

blender

Directions

- Combine raspberries and water in a blender; process until smooth. Strain into a small saucepan; discard seeds. Stir in sugar. Cook over medium heat 2 minutes or until sugar dissolves, stirring often. Chill, if desired.
- Divide mango evenly among each of 4 dessert bowls; top each with ice cream and raspberry sauce.

Nutrition Facts



Properties

Glycemic Index:45.96, Glycemic Load:14.89, Inflammation Score:-6, Nutrition Score:6.381739070882%

Flavonoids

Cyanidin: 13.77mg, Cyanidin: 13.77mg, Cyanidin: 13.77mg, Cyanidin: 13.77mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 166.2kcal (8.31%), Fat: 2.83g (4.35%), Saturated Fat: 1.53g (9.55%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 30.91g (11.24%), Sugar: 27.16g (30.17%), Cholesterol: 13.68mg (4.56%), Sodium: 38.67mg (1.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Vitamin C: 23.48mg (28.46%), Vitamin A: 683.21IU (13.66%), Manganese: 0.23mg (11.49%), Fiber: 2.76g (11.05%), Calcium: 93.93mg (9.39%), Vitamin B2: 0.16mg (9.29%), Folate: 27.08µg (6.77%), Phosphorus: 66.66mg (6.67%), Potassium: 220.17mg (6.29%), Vitamin E: 0.69mg (4.62%), Magnesium: 17.89mg (4.47%), Vitamin B6: 0.09mg (4.42%), Vitamin B5: 0.42mg (4.24%), Copper: 0.08mg (4.16%), Vitamin K: 4.28µg (4.07%), Vitamin B12: 0.24µg (3.97%), Zinc: 0.53mg (3.56%), Vitamin B1: 0.05mg (3.2%), Vitamin B3: 0.52mg (2.62%), Iron: 0.37mg (2.08%), Selenium: 1.37µg (1.96%)