



Mango-Passion Fruit Gelato

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



143 kcal

DESSERT

Ingredients

- ☐ 1.5 cups half-and-half
- ☐ 3 cups mangos peeled chopped (2 mangoes)
- ☐ 2 cups passion fruit nectar
- ☐ 1 cup sugar
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ sauce pan

☐ blender

Directions

- ☐ Combine sugar and water in a medium saucepan, and bring to a boil, stirring until the sugar dissolves.
- ☐ Place sugar mixture and mango in a blender; process until smooth.
- ☐ Pour into a large bowl; cool completely. Stir in the nectar and half-and-half.
- ☐ Pour mango mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:10.85, Glycemic Load:13.74, Inflammation Score:-6, Nutrition Score:5.2486956249113%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 142.88kcal (7.14%), Fat: 3.4g (5.23%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 28.54g (9.51%), Net Carbohydrates: 24.46g (8.9%), Sugar: 23.95g (26.61%), Cholesterol: 9.07mg (3.03%), Sodium: 26.6mg (1.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.69%), Vitamin C: 23.22mg (28.14%), Vitamin A: 903.2IU (18.06%), Fiber: 4.07g (16.29%), Vitamin B2: 0.11mg (6.49%), Potassium: 211.24mg (6.04%), Phosphorus: 52.51mg (5.25%), Folate: 20.7µg (5.18%), Vitamin B6: 0.09mg (4.44%), Magnesium: 16.07mg (4.02%), Vitamin B3: 0.77mg (3.85%), Copper: 0.07mg (3.71%), Calcium: 36.33mg (3.63%), Iron: 0.62mg (3.42%), Vitamin E: 0.39mg (2.6%), Vitamin K: 2.06µg (1.96%), Selenium: 1.33µg (1.9%), Vitamin B5: 0.14mg (1.45%), Vitamin B1: 0.02mg (1.18%), Manganese: 0.02mg (1.16%), Zinc: 0.17mg (1.13%)