

Mango Puddings

 Gluten Free

READY IN



540 min.

SERVINGS



8

CALORIES



175 kcal

DESSERT

Ingredients

- ☐ 0.8 cup evaporated milk canned
- ☐ 0.3 oz gelatin powder unflavored
- ☐ 1 mangos diced pitted peeled
- ☐ 2.3 lb mangos very ripe (4 or 5)
- ☐ 0.5 cup sugar
- ☐ 1.3 cups water

Equipment

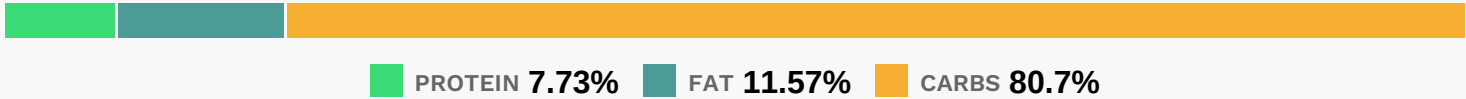
- ☐ food processor

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ spatula

Directions

- ☐ Peel and pit mangoes, then purée in a food processor until smooth (you should have 2 1/3 cups purée). Force through a medium-mesh sieve into a bowl to remove any fibers, scraping bottom of sieve with a rubber spatula (discard fibers).
- ☐ Sprinkle gelatin over 1/4 cup water in a small bowl and let stand 1 minute to soften.
- ☐ Heat sugar and remaining cup water in a small saucepan over moderately high heat, stirring, until sugar is dissolved, then add gelatin mixture and stir until dissolved.
- ☐ Add puréed mango and heat, stirring, just until mixture reaches a bare simmer.
- ☐ Remove from heat, then stir in evaporated milk until combined well. Cool to room temperature, stirring occasionally, about 30 minutes.
- ☐ Divide among 8 (1/2-cup) goblets and chill, covered, at least 8 hours and up to 24 (for flavors to develop; puddings will be softly set).

Nutrition Facts



Properties

Glycemic Index:21.7, Glycemic Load:19.37, Inflammation Score:-8, Nutrition Score:9.9417391458283%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Nutrients (% of daily need)

Calories: 175.06kcal (8.75%), Fat: 2.41g (3.71%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 35.38g (12.87%), Sugar: 35.87g (39.85%), Cholesterol: 6.85mg (2.28%), Sodium: 30.29mg (1.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.25%), Vitamin C: 56.3mg (68.25%), Vitamin A: 1716.77IU (34.34%), Folate: 68.14µg (17.03%), Copper: 0.2mg (10%), Fiber: 2.46g (9.82%), Vitamin B6: 0.19mg (9.72%), Vitamin E: 1.42mg (9.46%), Potassium: 329.77mg (9.42%), Vitamin B2: 0.14mg (8.08%), Calcium: 80.26mg (8.03%), Phosphorus: 69.79mg (6.98%), Vitamin K: 6.59µg (6.27%), Magnesium: 21.58mg (5.39%), Vitamin B3: 1.07mg (5.37%), Manganese: 0.1mg (4.98%), Vitamin B5: 0.45mg (4.54%), Vitamin B1: 0.05mg (3.62%), Selenium: 1.89µg (2.7%), Zinc: 0.33mg (2.17%), Iron: 0.31mg (1.7%)