



Mango Salad

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 servings coconut or grated
- ☐ 8 ounce cream cheese softened
- ☐ 9 ounce gelatin powder lemon-flavored
- ☐ 2 tablespoons juice of lime
- ☐ 30 ounce mangos undrained canned
- ☐ 3 cups water

Equipment

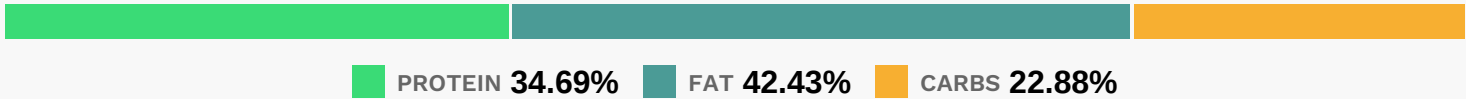
- ☐ sauce pan

☐ blender

Directions

- ☐ Drain mangos, reserving juice. Set mangos aside.
- ☐ Combine mango juice and water in a medium saucepan; bring to a boil.
- ☐ Add gelatin, and stir until gelatin dissolves; remove from heat, and cool slightly.
- ☐ Combine mangos and cream cheese in container of an electric blender; process until smooth.
- ☐ Add to gelatin mixture, mixing well. Stir in lime juice.
- ☐ Pour mixture into a lightly greased 8-cup mold. Cover and chill overnight.
- ☐ Unmold onto a serving platter.
- ☐ Garnish with coconut.

Nutrition Facts



Properties

Glycemic Index:9.84, Glycemic Load:7.79, Inflammation Score:-8, Nutrition Score:12.23086966639%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg, Catechin: 1.83mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg 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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 336.79kcal (16.84%), Fat: 16.64g (25.61%), Saturated Fat: 11.57g (72.31%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 16.85g (6.13%), Sugar: 16.43g (18.25%), Cholesterol: 28.63mg (9.54%), Sodium: 160.8mg (6.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.62g (61.24%), Vitamin C: 39.97mg (48.45%), Copper: 0.91mg (45.36%), Vitamin A: 1532.89IU (30.66%), Selenium: 17.53µg (25.04%), Manganese: 0.38mg (18.94%), Folate: 59.11µg (14.78%), Fiber: 3.35g (13.38%), Vitamin B2: 0.19mg (11.15%), Vitamin B6: 0.18mg (8.8%),

Vitamin E: 1.25mg (8.35%), Potassium: 279.81mg (7.99%), Phosphorus: 78.78mg (7.88%), Magnesium: 30.39mg (7.6%), Calcium: 62.52mg (6.25%), Vitamin B5: 0.5mg (4.96%), Iron: 0.89mg (4.95%), Vitamin K: 5.11µg (4.87%), Vitamin B3: 0.83mg (4.15%), Vitamin B1: 0.05mg (3.41%), Zinc: 0.49mg (3.3%), Vitamin B12: 0.06µg (1.04%)