



Mango Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



115 min.

SERVINGS



2

CALORIES



793 kcal

DESSERT

Ingredients

- 1 cup sugar
- 1 cup water
- 2.5 pounds mangos ripe
- 3 tablespoons juice of lime
- 1 pinch salt
- 2 tablespoons plus light

Equipment

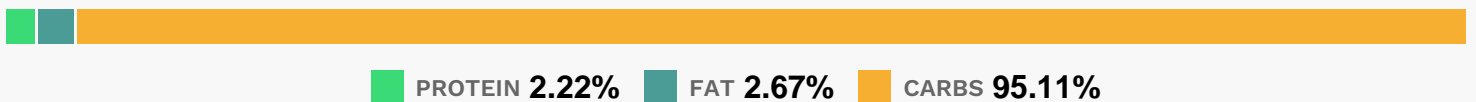
- bowl

- sauce pan
- blender
- plastic wrap
- ice cream machine
- peeler

Directions

- Heat the sugar, salt, and water in a medium saucepan until the sugar and salt have completely dissolved. Set aside to cool.
- Prep mango: Use a vegetable peeler to peel the outside peel of the mangoes. Then cut the flesh away from the large flat white seed in the center of the mango. Discard the seed and peel. Rough chop the mango flesh. You should have about 3 1/2 to 4 cups of chopped mango.
- Blend mango, simple syrup, lime juice:
- Put the mango pieces, simple syrup, and lime juice into a blender. Blend until completely smooth.
- Pour into a medium bowl, cover with plastic wrap, and refrigerate until completely chilled.
- Process in ice cream maker: When ready to put the chilled lime mango purée into your ice cream maker, mix in the tequila, rum, vodka (if using) or corn syrup.
- Process the mixture in your ice cream maker (Amazon sells a good one) according to the ice cream maker directions.
- Freeze until firm:
- Transfer mixture to a plastic storage container and freezer in your freezer until firm, at least 6 hours.

Nutrition Facts



Properties

Glycemic Index:70.42, Glycemic Load:112.34, Inflammation Score:-10, Nutrition Score:24.846521564152%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Catechin: 9.75mg, Catechin: 9.75mg, Catechin: 9.75mg, Catechin: 9.75mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 793.08kcal (39.65%), Fat: 2.53g (3.9%), Saturated Fat: 0.52g (3.27%), Carbohydrates: 203.44g (67.81%), Net Carbohydrates: 194.28g (70.65%), Sugar: 194.75g (216.39%), Cholesterol: 0mg (0%), Sodium: 46.05mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Vitamin C: 213.13mg (258.34%), Vitamin A: 6146.09IU (122.92%), Folate: 246.06µg (61.51%), Fiber: 9.16g (36.65%), Vitamin E: 5.15mg (34.35%), Vitamin B6: 0.68mg (34.16%), Copper: 0.66mg (33.07%), Potassium: 981.09mg (28.03%), Vitamin K: 23.95µg (22.81%), Vitamin B3: 3.83mg (19.13%), Manganese: 0.37mg (18.27%), Magnesium: 59.9mg (14.98%), Vitamin B2: 0.24mg (13.99%), Vitamin B1: 0.18mg (11.82%), Vitamin B5: 1.14mg (11.45%), Phosphorus: 82.53mg (8.25%), Calcium: 72.94mg (7.29%), Selenium: 4.18µg (5.97%), Iron: 0.98mg (5.43%), Zinc: 0.65mg (4.31%)