



Mango Sorbet with Litchis and Raspberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



108 kcal

Ingredients

- ☐ 12 litchis chilled canned drained
- ☐ 12 raspberries fresh
- ☐ 2 cups pineapple sorbet

Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐
- Place 1 or 2 scoops (about 1/2 cup total) of sorbet in each of four bowls or wineglasses.
- ☐
- Garnish each serving with 3 or 4 litchis and 3 or 4 rinsed raspberries.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:0.82869564920016%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 108.02kcal (5.4%), Fat: 0.45g (0.7%), Saturated Fat: 0g (0.01%), Carbohydrates: 23.39g (7.79%), Net Carbohydrates: 21.39g (7.78%), Sugar: 16.49g (18.32%), Cholesterol: 0mg (0%), Sodium: 55.7mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Fiber: 2g (7.99%), Vitamin C: 3.72mg (4.51%), Manganese: 0.04mg (2.09%)