



Paletas de Mango (Mango Popsicles)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



455 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 1 cup heavy cream
- ☐ 14 oz mango pulp
- ☐ 0.5 cup milk
- ☐ 2 tablespoons sugar
- ☐ 15 oz condensed milk sweetened canned

Equipment

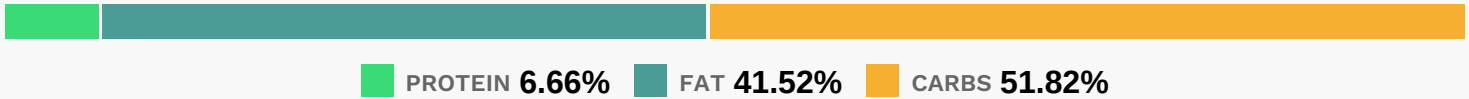
- ☐ blender

- ☐ popsicle molds
- ☐ popsicle sticks

Directions

- ☐ Place all the ingredient in a blender. Blend until well combined.
- ☐ Pour into popsicle molds or paper cups. If using cups, you'll need to insert wooden popsicle sticks. Freeze for about 4 hours, or until firm.

Nutrition Facts



Properties

Glycemic Index:28.18, Glycemic Load:26.67, Inflammation Score:-8, Nutrition Score:11.308695794448%

Nutrients (% of daily need)

Calories: 455.41kcal (22.77%), Fat: 21.41g (32.94%), Saturated Fat: 13.39g (83.7%), Carbohydrates: 60.13g (20.04%), Net Carbohydrates: 59.73g (21.72%), Sugar: 58.57g (65.08%), Cholesterol: 71.36mg (23.79%), Sodium: 123.73mg (5.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.73g (15.46%), Vitamin A: 2392.85IU (47.86%), Iron: 8.51mg (47.29%), Calcium: 259.13mg (25.91%), Vitamin B2: 0.4mg (23.43%), Phosphorus: 222.9mg (22.29%), Selenium: 12.1µg (17.28%), Vitamin C: 11.21mg (13.59%), Potassium: 331.22mg (9.46%), Vitamin B12: 0.49µg (8.09%), Vitamin B5: 0.71mg (7.09%), Vitamin D: 1µg (6.67%), Magnesium: 23.65mg (5.91%), Zinc: 0.85mg (5.64%), Vitamin B1: 0.08mg (5.54%), Vitamin E: 0.49mg (3.26%), Vitamin B6: 0.06mg (3.12%), Folate: 9.38µg (2.35%), Vitamin K: 1.76µg (1.67%), Fiber: 0.4g (1.6%)