

Pineapple sorbet with fresh mango



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 1 pineapple cored peeled cut into chunks
- ☐ 100 ml juice of lime (3 limes)
- ☐ 1 mangos ripe peeled thinly sliced
- ☐ 500 g caster sugar
- ☐ 1.5 tbsp juice of lemon
- ☐ 1 vanilla pod split
- ☐ 1 cinnamon sticks

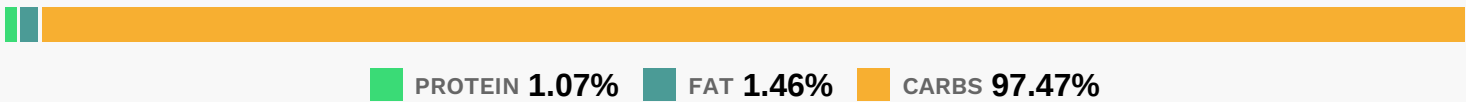
Equipment

- ☐ food processor
- ☐ pot
- ☐ blender

Directions

- ☐ Put the pineapple into a blender or food processor and blitz to a pure. To make the stock syrup, put all the ingredients in a large pot with 500ml water, slowly bring to the boil and stir until the sugar has dissolved, then remove from the heat.
- ☐ Tip the pineapple pure and the lime juice into the syrup and stir well. Leave to cool, then strain and churn in an ice-cream maker following manufacturers instructions.
- ☐ Place in a container and freeze. Alternatively, tip the syrup into a large tray and freeze until it starts to set, then every hour or so break up the ice with a fork.
- ☐ Serve the sorbet scooped into dessert glasses with a few slices of mango.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:53.2, Inflammation Score:-5, Nutrition Score:9.6008695286253%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 319.08kcal (15.95%), Fat: 0.55g (0.84%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 82.73g (27.58%), Net Carbohydrates: 80.44g (29.25%), Sugar: 77.36g (85.95%), Cholesterol: 0mg (0%), Sodium: 2.34mg (0.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.9g (1.81%), Vitamin C: 68.43mg (82.95%), Manganese: 1.15mg (57.33%), Fiber: 2.29g (9.16%), Folate: 33.36µg (8.34%), Vitamin B6: 0.16mg (8.22%), Copper: 0.16mg (8.15%),

Vitamin A: 353.43IU (7.07%), Vitamin B1: 0.1mg (6.71%), Potassium: 187.77mg (5.36%), Magnesium: 17.62mg (4.4%), Vitamin B3: 0.77mg (3.83%), Vitamin B2: 0.06mg (3.55%), Vitamin B5: 0.31mg (3.13%), Iron: 0.45mg (2.5%), Calcium: 24.52mg (2.45%), Vitamin E: 0.3mg (1.99%), Vitamin K: 2.09µg (1.99%), Phosphorus: 14.97mg (1.5%), Zinc: 0.18mg (1.23%)