



Quick Mango-Coconut Sorbet



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons coconut or shredded toasted
- ☐ 1 teaspoon honey
- ☐ 3 tablespoon milk 1% low-fat
- ☐ 0.8 cup mangos frozen

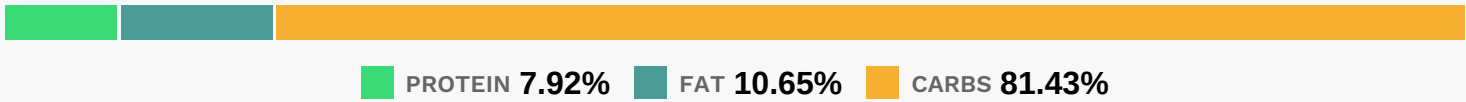
Equipment

- ☐ food processor
- ☐ blender

Directions

 Place frozen mango, milk, and honey in a blender or food processor; process until thick. Top with coconut.

Nutrition Facts



Properties

Glycemic Index:114.02, Glycemic Load:11.6, Inflammation Score:-8, Nutrition Score:8.7286957035894%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg 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: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg

Nutrients (% of daily need)

Calories: 121.96kcal (6.1%), Fat: 1.57g (2.41%), Saturated Fat: 0.96g (6.02%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 24.8g (9.02%), Sugar: 25.06g (27.84%), Cholesterol: 2.25mg (0.75%), Sodium: 19.47mg (0.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.25%), Vitamin C: 45.15mg (54.72%), Vitamin A: 1427.17IU (28.54%), Folate: 54.77µg (13.69%), Vitamin B6: 0.18mg (8.85%), Fiber: 2.17g (8.7%), Potassium: 290.21mg (8.29%), Vitamin E: 1.13mg (7.52%), Copper: 0.15mg (7.45%), Calcium: 71.01mg (7.1%), Vitamin B2: 0.11mg (6.65%), Phosphorus: 66.21mg (6.62%), Manganese: 0.11mg (5.75%), Vitamin K: 5.25µg (5%), Magnesium: 18.56mg (4.64%), Vitamin B12: 0.27µg (4.58%), Vitamin B3: 0.9mg (4.49%), Vitamin B5: 0.42mg (4.17%), Vitamin B1: 0.06mg (4.11%), Vitamin D: 0.5µg (3.3%), Selenium: 1.95µg (2.78%), Zinc: 0.34mg (2.28%), Iron: 0.28mg (1.53%)