



Quick mango pudding

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



303 kcal

Ingredients

- ☐ 1 large mangos ripe
- ☐ 6 scoops whipped cream
- ☐ 2 tbsp cup heavy whipping cream thick
- ☐ 3 fruit

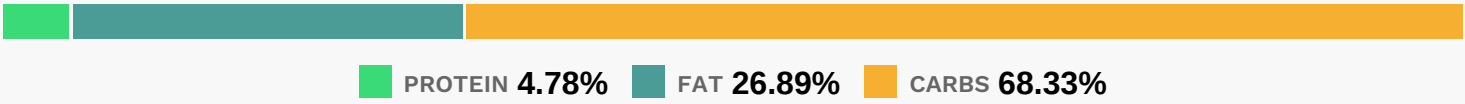
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐
- Peel and dice a large ripe mango; whizz to a pure in a food processor.
- ☐
- Add 6 scoops of vanilla ice cream and 2 tbsp thick cream and whizz again. Spoon into bowls and scoop passion fruit over each.

Nutrition Facts



Properties

Glycemic Index:18.79, Glycemic Load:11.61, Inflammation Score:-7, Nutrition Score:8.4886955955754%

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: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 302.57kcal (15.13%), Fat: 9.42g (14.49%), Saturated Fat: 5.69g (35.54%), Carbohydrates: 53.86g (17.95%), Net Carbohydrates: 49.24g (17.91%), Sugar: 44.18g (49.09%), Cholesterol: 34.69mg (11.56%), Sodium: 65.75mg (2.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.54%), Vitamin A: 1404.15IU (28.08%), Vitamin C: 17.93mg (21.74%), Fiber: 4.61g (18.46%), Vitamin B2: 0.23mg (13.82%), Vitamin K: 12.16µg (11.58%), Potassium: 394.3mg (11.27%), Copper: 0.22mg (11.14%), Phosphorus: 104.03mg (10.4%), Calcium: 102.82mg (10.28%), Magnesium: 24.29mg (6.07%), Vitamin B3: 1.19mg (5.96%), Folate: 22.83µg (5.71%), Vitamin B5: 0.56mg (5.56%), Vitamin B6: 0.11mg (5.52%), Zinc: 0.7mg (4.67%), Iron: 0.82mg (4.54%), Vitamin B12: 0.27µg (4.42%), Manganese: 0.09mg (4.39%), Vitamin B1: 0.06mg (4.31%), Vitamin E: 0.55mg (3.7%), Selenium: 1.54µg (2.21%), Vitamin D: 0.21µg (1.41%)