



Scooped: Massaman and Coconut Curry Sorbet

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



480 min.

SERVINGS



2

CALORIES



1262 kcal

DESSERT

Ingredients

- 1 can coconut milk
- 1 pinch ground cinnamon
- 1 can full fat coconut cream
- 1 tablespoon curry paste
- 0.5 juice of lime
- 1 pinch pepper
- 0.7 cup coconut sugar raw (or even palm sugar are best, if you've got them)

Equipment

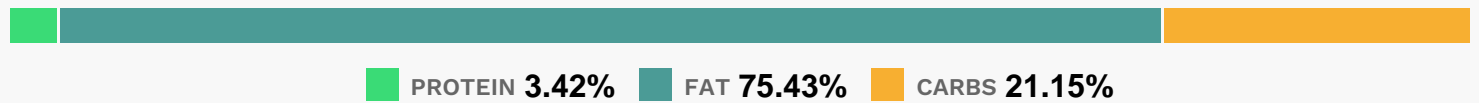
ice cream machine

Directions

Mix all the ingredients together until fully combined.

Chill overnight (or at least 4 hours) in the fridge, and spin in ice cream machine according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:25.05, Inflammation Score:-8, Nutrition Score:21.54478252096%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1261.85kcal (63.09%), Fat: 113.01g (173.87%), Saturated Fat: 99.94g (624.64%), Carbohydrates: 71.31g (23.77%), Net Carbohydrates: 62.42g (22.7%), Sugar: 42.13g (46.81%), Cholesterol: 0mg (0%), Sodium: 143.13mg (6.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.05%), Manganese: 4.29mg (214.51%), Copper: 1.24mg (62.09%), Iron: 7.76mg (43.12%), Phosphorus: 429.4mg (42.94%), Fiber: 8.89g (35.57%), Potassium: 1143.93mg (32.68%), Magnesium: 127.09mg (31.77%), Vitamin A: 1200.12IU (24%), Zinc: 3.15mg (20.97%), Folate: 75.78µg (18.94%), Selenium: 12.42µg (17.74%), Vitamin C: 13.72mg (16.63%), Vitamin B3: 3.2mg (16.01%), Vitamin B5: 0.86mg (8.64%), Vitamin B6: 0.16mg (7.9%), Vitamin B1: 0.11mg (7.34%), Calcium: 65.29mg (6.53%), Vitamin E: 0.34mg (2.25%)