



South Seas Ice Cream With Sweet-Heat Salsa and Cinnamon Crisps

READY IN



30 min.

SERVINGS



8

CALORIES



1833 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 tablespoons butter melted
- ☐ 2 tablespoons chilli sauce sweet
- ☐ 15 ounce cream of coconut canned
- ☐ 0.5 cup cucumber peeled seeded chopped
- ☐ 32 inch flour tortilla soft
- ☐ 0.3 cup granulated sugar
- ☐ 2 teaspoons ground cinnamon

- ☐ 1 kiwi fruit diced peeled
- ☐ 1 small lime
- ☐ 0.8 cup macadamia nuts chopped
- ☐ 1.5 cups mangos fresh chopped
- ☐ 2 tablespoons mint leaves chopped
- ☐ 1.5 cups pineapple fresh chopped
- ☐ 0.8 cup coconut sweetened flaked lightly toasted
- ☐ 0.5 gallon whipped cream softened

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ cookie cutter

Directions

- ☐ Stir together first 4 ingredients in a large bowl; freeze 8 hours or until firm.
- ☐ Grate lime rind in a large bowl; squeeze juice from lime and combine with grated rind. Stir in chopped mango and next 6 ingredients. Cover salsa, and chill 2 hours.
- ☐ Combine sugar and cinnamon in a small bowl.
- ☐ Brush 1 side of tortillas with melted butter; cut each into 8 wedges or decorative shapes using a cookie cutter. Arrange in a single layer on an aluminum foil-lined baking sheet, and sprinkle evenly with sugar mixture.
- ☐ Bake at 400 for 7 to 10 minutes or until lightly browned. Cool.
- ☐ Spoon ice-cream mixture into 8 bowls; top evenly with salsa mixture, and serve with cinnamon crisps.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Yeo's Chili Sauce Sweet.

Nutrition Facts

PROTEIN 7.25% FAT 36.71% CARBS 56.04%

Properties

Glycemic Index:59.02, Glycemic Load:86.34, Inflammation Score:-9, Nutrition Score:48.120434781779%

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: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 3.73mg, Hesperetin: 3.73mg, Hesperetin: 3.73mg, Hesperetin: 3.73mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 1832.65kcal (91.63%), Fat: 74.98g (115.36%), Saturated Fat: 39.47g (246.71%), Carbohydrates: 257.53g (85.84%), Net Carbohydrates: 240.47g (87.44%), Sugar: 116.34g (129.27%), Cholesterol: 119.15mg (39.72%), Sodium: 2389.53mg (103.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.3g (66.6%), Manganese: 2.43mg (121.6%), Vitamin B1: 1.7mg (113.3%), Selenium: 68.84µg (98.34%), Phosphorus: 873.74mg (87.37%), Vitamin B2: 1.41mg (83.2%), Folate: 301.99µg (75.5%), Calcium: 748.59mg (74.86%), Fiber: 17.06g (68.26%), Vitamin B3: 13.47mg (67.36%), Iron: 11.31mg (62.84%), Vitamin C: 39.24mg (47.56%), Vitamin A: 1598.64IU (31.97%), Magnesium: 126.79mg (31.7%), Potassium: 1035.78mg (29.59%), Copper: 0.57mg (28.31%), Vitamin K: 28.37µg (27.02%), Zinc: 3.47mg (23.14%), Vitamin B5: 2.14mg (21.41%), Vitamin B6: 0.4mg (20.24%), Vitamin B12: 0.93µg (15.58%), Vitamin E: 1.41mg (9.37%), Vitamin D: 0.47µg (3.15%)