



Spicy Mango-Basil Paletas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



860 min.

SERVINGS



10

CALORIES



90 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 juice of lime juiced
- ☐ 1 mangos diced peeled seeded
- ☐ 3 mangos peeled seeded cut into chunks
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar white

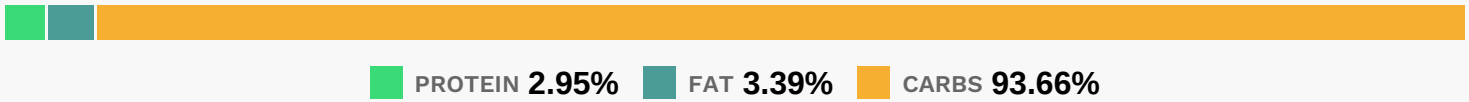
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Blend mango chunks, basil, lime juice, cayenne pepper, and salt in a blender until smooth; pour into a large bowl. Stir sugar into mango mixture until sugar dissolves. Fold diced mango into mixture.
- ☐ Pour into freezer pop molds.
- ☐ Freeze until firm, 14 to 24 hours.

Nutrition Facts



Properties

Glycemic Index:27.56, Glycemic Load:12.73, Inflammation Score:-6, Nutrition Score:4.9682608013568%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg 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: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 90.04kcal (4.5%), Fat: 0.37g (0.57%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 21.57g (7.84%), Sugar: 21.44g (23.82%), Cholesterol: 0mg (0%), Sodium: 59.22mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 32.05mg (38.85%), Vitamin A: 951.06IU (19.02%), Folate: 36.45µg (9.11%), Fiber: 1.38g (5.52%), Vitamin E: 0.79mg (5.27%), Vitamin B6: 0.1mg (5.18%), Copper: 0.1mg (4.77%), Potassium: 148.94mg (4.26%), Vitamin K: 4.42µg (4.21%), Manganese: 0.06mg (2.9%), Vitamin B3: 0.57mg (2.86%), Magnesium: 9.04mg (2.26%), Vitamin B2: 0.04mg (2.08%), Vitamin B5: 0.17mg (1.71%), Vitamin B1: 0.03mg (1.67%), Phosphorus: 12.84mg (1.28%), Calcium: 10.59mg (1.06%)