



Strawberry-Mango Margarita Dessert

READY IN



205 min.

SERVINGS



10

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 1.3 cups pretzels crushed
- ☐ 0.3 cup sugar
- ☐ 0.5 cup butter melted
- ☐ 1 pint mango sorbet softened
- ☐ 20 oz strawberries frozen thawed
- ☐ 0.5 cup margarita cocktail frozen thawed ()
- ☐ 1 cup whipping cream
- ☐ 10 cashew pieces fresh
- ☐ 1 small mangos ripe cut into cubes

- ☐ 1 serving coarse salt
- ☐ 1 slices strawberries fresh

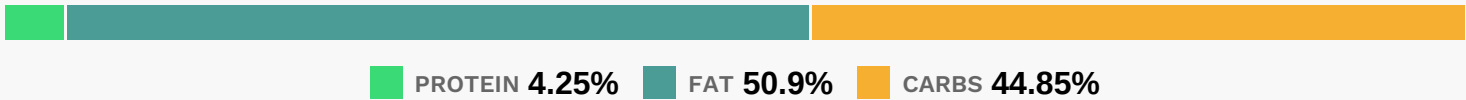
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula
- ☐ springform pan
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ In small bowl, mix crust ingredients. Press firmly in bottom of ungreased 9- or 8-inch springform pan; refrigerate 10 minutes.
- ☐ Spoon sorbet over crust; spread evenly with metal spatula. Freeze 30 minutes.
- ☐ In large bowl, mix thawed strawberries, using wire whisk, until broken into small pieces. Beat in margarita mix until well blended. Fold in whipped cream. Carefully pour into pan over sorbet. Freeze at least 3 hours until firm.
- ☐ Using 4-inch wooden skewers, place strawberry half and mango slice on each of 10 skewers.
- ☐ Sprinkle with coarse sugar.
- ☐ Place skewers into top of dessert for garnish. To serve, cut into wedges.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:13.08, Inflammation Score:-7, Nutrition Score:8.6817391255628%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.22mg, Pelargonidin: 18.22mg, Pelargonidin: 18.22mg, Pelargonidin: 18.22mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg, Catechin: 2.64mg Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg, Epigallocatechin: 0.57mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 333.41kcal (16.67%), Fat: 19.23g (29.59%), Saturated Fat: 7.56g (47.22%), Carbohydrates: 38.13g (12.71%), Net Carbohydrates: 35.04g (12.74%), Sugar: 23.91g (26.57%), Cholesterol: 26.89mg (8.96%), Sodium: 298.09mg (12.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.22%), Vitamin C: 51.02mg (61.84%), Manganese: 0.41mg (20.73%), Vitamin A: 988.62IU (19.77%), Fiber: 3.09g (12.34%), Folate: 46.03µg (11.51%), Vitamin E: 1.03mg (6.87%), Vitamin B2: 0.11mg (6.35%), Potassium: 206.6mg (5.9%), Phosphorus: 58.6mg (5.86%), Copper: 0.11mg (5.48%), Magnesium: 20.89mg (5.22%), Vitamin B1: 0.08mg (5.2%), Iron: 0.92mg (5.1%), Vitamin B3: 0.98mg (4.91%), Vitamin B6: 0.08mg (4.1%), Vitamin K: 4.04µg (3.84%), Calcium: 36.43mg (3.64%), Selenium: 1.9µg (2.71%), Vitamin D: 0.38µg (2.54%), Vitamin B5: 0.25mg (2.49%), Zinc: 0.37mg (2.46%)