

Tropical Ice Cream Sandwiches

 **Gluten Free**

READY IN



160 min.

SERVINGS



8

CALORIES



469 kcal

DESSERT

Ingredients

- 1 pint blueberries
- 10 ounce coconut milk canned
- 8 sprigs mint leaves fresh for garnish
- 1 juice of lime juiced
- 1 mangos cubed
- 16 ounce mango sorbet softened
- 0.5 cup splenda® no calorie sweetener
- 2 peaches fresh sliced

- 16 slices round cake
- 1 pint strawberries hulled quartered
- 8 servings garnish: whipped cream sweetened

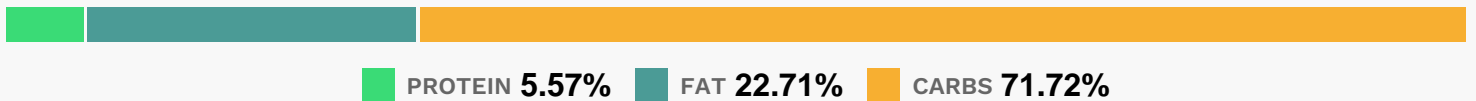
Equipment

- plastic wrap

Directions

- Make 8 sandwiches, using 2 slices of pound cake and 1/4 cup softened mango sorbet each. Wrap each sandwich tightly with plastic wrap, and freeze for 2 hours.
- Dissolve sweetener in lime juice and coconut milk; toss with blueberries, mango, strawberries, and peach slices.
- To serve, unwrap the sandwiches and place each onto a dessert plate. Top with a mound of fruit and garnish with whipped cream and a mint sprig.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:13.41, Inflammation Score:-7, Nutrition Score:14.573478177838%

Flavonoids

Cyanidin: 6.74mg, Cyanidin: 6.74mg, Cyanidin: 6.74mg, Cyanidin: 6.74mg Petunidin: 18.71mg, Petunidin: 18.71mg, Petunidin: 18.71mg, Petunidin: 18.71mg Delphinidin: 21.14mg, Delphinidin: 21.14mg, Delphinidin: 21.14mg, Delphinidin: 21.14mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg, Pelargonidin: 14.7mg Peonidin: 12.03mg, Peonidin: 12.03mg, Peonidin: 12.03mg, Peonidin: 12.03mg Catechin: 7.26mg, Catechin: 7.26mg, Catechin: 7.26mg, Catechin: 7.26mg Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg, Epigallocatechin: 1.24mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg

1.37mg, Kaempferol: 1.37mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin:
5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg, Quercetin: 5.46mg Gallocatechin: 0.09mg, Gallocatechin:
0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 468.79kcal (23.44%), Fat: 12.25g (18.85%), Saturated Fat: 8.85g (55.3%), Carbohydrates: 87.1g (29.03%),
Net Carbohydrates: 81.27g (29.55%), Sugar: 60.03g (66.7%), Cholesterol: 65.76mg (21.92%), Sodium: 424.29mg
(18.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Vitamin C: 53.91mg (65.34%),
Manganese: 0.93mg (46.47%), Fiber: 5.83g (23.32%), Folate: 66.69µg (16.67%), Iron: 2.85mg (15.82%), Phosphorus:
157.4mg (15.74%), Vitamin K: 15.22µg (14.5%), Vitamin B1: 0.21mg (14.09%), Vitamin B2: 0.23mg (13.37%), Selenium:
8.98µg (12.83%), Copper: 0.26mg (12.82%), Vitamin A: 619.11IU (12.38%), Vitamin B3: 2.4mg (12.02%), Potassium:
397.25mg (11.35%), Magnesium: 38.3mg (9.57%), Vitamin E: 1.26mg (8.39%), Calcium: 74.04mg (7.4%), Vitamin B6:
0.15mg (7.34%), Vitamin B5: 0.63mg (6.34%), Zinc: 0.87mg (5.78%), Vitamin B12: 0.16µg (2.69%)