



Tropical Sorbet and Ice Cream Parfaits

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



535 kcal

DESSERT

Ingredients

- ☐ 0.5 cup brown sugar packed ()
- ☐ 1 tablespoon juice of lime fresh
- ☐ 0.5 teaspoon lime zest grated
- ☐ 1 cup mangos diced pitted peeled
- ☐ 1.3 cups mango sorbet
- ☐ 1 cup pineapple fresh cored peeled chopped
- ☐ 1 pinch salt
- ☐ 0.8 cup coconut or sweetened flaked

- ☐ 2 tablespoons butter unsalted ()
- ☐ 1.3 cups whipped cream
- ☐ 0.5 cup whipping cream

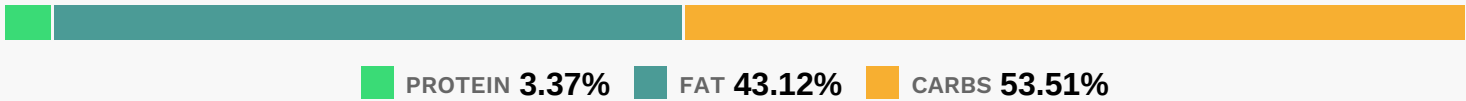
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Melt butter in heavy small saucepan over medium-high heat.
- ☐ Whisk in brown sugar and cream; bring to boil.
- ☐ Add lime juice, lime peel and salt. Boil until sauce is reduced to 3/4 cup, whisking occasionally, about 2 minutes. Set caramel-lime sauce aside.
- ☐ Place 1/3 cup sorbet in each of 4 parfait glasses or wineglasses. Top sorbet with 1/4 cup pineapple, 1/4 cup mango, 2 tablespoons coconut, 2 tablespoons sauce and 1/3 cup ice cream.
- ☐ Sprinkle each parfait with 1 tablespoon coconut and drizzle with 1 tablespoon sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.85, Glycemic Load:11.84, Inflammation Score:-7, Nutrition Score:10.175652244817%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 534.6kcal (26.73%), Fat: 26.21g (40.32%), Saturated Fat: 17.68g (110.47%), Carbohydrates: 73.17g (24.39%), Net Carbohydrates: 68.98g (25.08%), Sugar: 63.04g (70.04%), Cholesterol: 68.03mg (22.68%), Sodium: 144.79mg (6.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.21%), Vitamin C: 36.37mg (44.09%), Manganese: 0.58mg (29.18%), Vitamin A: 1269.74IU (25.39%), Fiber: 4.2g (16.79%), Vitamin B2: 0.2mg (11.52%), Calcium: 112.73mg (11.27%), Potassium: 330.52mg (9.44%), Phosphorus: 91.82mg (9.18%), Copper: 0.17mg (8.34%), Folate: 29.91µg (7.48%), Vitamin B6: 0.14mg (7.23%), Magnesium: 28.38mg (7.09%), Selenium: 4.94µg (7.06%), Vitamin E: 0.96mg (6.38%), Vitamin B5: 0.57mg (5.72%), Vitamin B1: 0.07mg (4.79%), Vitamin D: 0.67µg (4.46%), Zinc: 0.59mg (3.95%), Iron: 0.7mg (3.87%), Vitamin B12: 0.23µg (3.85%), Vitamin B3: 0.7mg (3.51%), Vitamin K: 3.62µg (3.45%)