



Warm Blackberry Sauce Over Mango Sorbet

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



228 kcal

DESSERT

Ingredients

- ☐ 2 pt blackberries fresh halved
- ☐ 6 gingersnaps crushed
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 pt mango sorbet
- ☐ 2.5 teaspoons orange zest
- ☐ 0.3 cup sugar

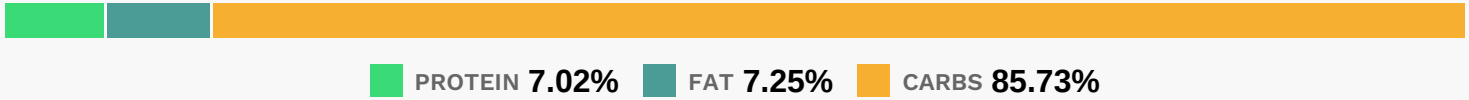
Equipment

- ☐ sauce pan

Directions

- ☐ Stir together first 4 ingredients in a saucepan over medium heat; cook, stirring constantly, 5 minutes or until thoroughly heated.
- ☐ Serve over sorbet; sprinkle with gingersnaps.
- ☐ Note: For testing purposes only, we used Hagen-Dazs Mango Sorbet.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:7.52, Inflammation Score:-7, Nutrition Score:12.135217464488%

Flavonoids

Cyanidin: 157.65mg, Cyanidin: 157.65mg, Cyanidin: 157.65mg, Cyanidin: 157.65mg Pelargonidin: 0.71mg, Pelargonidin: 0.71mg, Pelargonidin: 0.71mg, Pelargonidin: 0.71mg Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg, Peonidin: 0.33mg Catechin: 58.45mg, Catechin: 58.45mg, Catechin: 58.45mg, Catechin: 58.45mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg, Epicatechin: 7.35mg Epigallocatechin 3-gallate: 1.07mg, Epigallocatechin 3-gallate: 1.07mg, Epigallocatechin 3-gallate: 1.07mg, Epigallocatechin 3-gallate: 1.07mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 228.18kcal (11.41%), Fat: 1.89g (2.91%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 50.22g (16.74%), Net Carbohydrates: 40.1g (14.58%), Sugar: 32.4g (36%), Cholesterol: 0mg (0%), Sodium: 93.42mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.11g (8.22%), Manganese: 1.18mg (59.18%), Vitamin C: 34.26mg (41.52%), Fiber: 10.12g (40.49%), Vitamin K: 31.41µg (29.91%), Copper: 0.28mg (14.19%), Vitamin E: 1.92mg (12.77%), Folate: 45.79µg (11.45%), Magnesium: 35.52mg (8.88%), Iron: 1.47mg (8.17%), Potassium: 283.87mg (8.11%), Vitamin A: 341.22IU (6.82%), Vitamin B3: 1.27mg (6.35%), Zinc: 0.88mg (5.89%), Calcium: 52.75mg (5.27%), Vitamin B5: 0.47mg (4.67%), Phosphorus: 40.96mg (4.1%), Vitamin B2: 0.06mg (3.77%), Vitamin B1: 0.05mg (3.11%), Vitamin B6: 0.06mg (2.83%), Selenium: 1.14µg (1.63%)