Mango Lime Sorbet

Source: 21-Day Weight Loss Kickstart by Neal Barnard, MD; recipe by Jason Wyrick of Vegan Culinary Experience

This dessert is a silky smooth sorbet inspired by the lush flavors of Thailand.

About the Recipe

185 Calories · 0.8 g Protein · 1.4 g Fiber
Dessert
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 2 c (330 g) pureed partially frozen mango
- 1/2 c (120 mL) agave nectar
- 2 juice of limes

Directions

1. This recipe works best if the mango is frozen, and then allowed to thaw for about 15 minutes. Once it has partially thawed, puree the mango along with the agave and the juice of 2 limes. Pour the puree into a shallow glass or metal bowl and then place it in the freezer.
2. After 30 minutes, stir the puree, and then repeat every 15 minutes thereafter until you are ready to serve.

Nutrition Facts

Per serving:
Calories: 185
Fat: 0.5 g
- **Saturated Fat:** 0.07 g
- **Calories from Fat:** 2.4%

Cholesterol: 0 mg
Protein: 0.8 g
Carbohydrate: 46.2 g
Sugar: 40.2 g
Fiber: 1.4 g
Sodium: 3 mg
Calcium: 13 mg
Iron: 0.1 mg
Vitamin C: 43.7 mg
Beta-Carotene: 582 mcg
Vitamin E: 1.2 mg