



MANGO SORBET

This simple 3 ingredient mango sorbet is a breeze to make and perfect for a quick, but full of flavour, dessert.

 5 minutes

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 2 portions

INGREDIENTS

- 165 grams of frozen mango
- 60 grams of coconut milk
- 1 tbsp of syrups, maple (20 g)

COOKING METHOD

- 1° Place all the ingredients in a food processor or blender and blend together until smooth.
- 2° Serve immediately.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (123 g)	% DRI
ENERGY	94 kcal	115 kcal	6 %
FAT	3 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	15 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	1 mg	1 mg	0 %
CARBOHYDRATE	16 g	20 g	7 %
SUGARS	14 g	17 g	—
FIBER	1 g	1 g	6 %
PROTEIN	1 g	1 g	—