



Healthdor

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Freeze Mango Pineapple

A refreshing frozen treat made with mango and pineapple.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

300 g Mango

200 g Pineapple

Directions

Step 1

Cut

Peel and chop the mango.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Peel and chop the pineapple.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Blender

Place the chopped mango and pineapple in a blender.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Blender

Blend until smooth.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Pour the mixture into ice cube trays.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Freezing

Freeze for at least 4 hours or until solid.

Prep Time: 0 mins

Cook Time: 127 mins

Nutrition Facts

Calories: 60 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	13 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	500 iu	55.56%	71.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	20 mg	2%	2%
Iron	1 mg	12.5%	5.56%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Cuisines

French

Thai

Vietnamese

American

Nutritional Content

Low Calorie

Low Carb

Course

Main Dishes

Desserts

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Meal Type

Snack

Supper

Difficulty Level

Easy

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