

Mango Mousse Cups

Yield: 6 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-delight-recipe-india>

Ingredients:

- 1 teaspoon gelatin powder
- 2 tablespoons water
- 3/4 cup mango puree, about 1 manila mango
- 2 tablespoons granulated white sugar or more to taste
- 1/2 cup heavy whipping cream

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 30 milligrams
4. Fat: 8 grams
5. Protein: 1 grams
6. SaturatedFat: 5 grams
7. Sodium: 10 milligrams
8. Sugar: 7 grams

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