

Chinese Mango Pudding

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/easy-chinese-mango-pudding-recipe>

Ingredients:

- 3 mangoes middle size mature, fresh mango cubes 1 pound
- 2 packets gelatin sheets unflavored, or, 10g, see note 1 if you want to use gelatin powder
- 2/3 cup milk or coconut milk
- 4 tablespoons heavy cream chilled
- 1/2 cup granulated sugar or more if needed

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 30 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 4.5 grams
8. Sodium: 40 milligrams
9. Sugar: 51 grams

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