

Easy Chinese Mango Pudding ??????

Yield: 3 min
Total Time: 10 min

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

Ingredients:

- 3 mangoes Fresh Medium-sized, peeled, pitted, cubed
- 1 11/16 cups heavy cream or Full-Fat Coconut milk
- 6 3/4 tablespoons water Drinking, previously boiled or filtered water
- 1 15/16 tablespoons gelatin powder 2 packs or Agar Agar Powder
- 2 1/8 ounces fruit sugar Monk

Nutrition:

1. Calories: 730 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 220 milligrams
4. Fat: 60 grams
5. Fiber: 4 grams
6. Protein: 14 grams
7. SaturatedFat: 37 grams
8. Sodium: 85 milligrams
9. Sugar: 31 grams

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