

Mango Fool

Yield: 6 min

Total Time: 555 min

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

Ingredients:

- 1 1/4 teaspoons unflavored gelatin less than 1 envelope
- 1 cup whole milk
- 1 large egg
- 1/2 cup sugar
- 1 slice syrup
- 30 ounces mango
- 1 1/2 tablespoons fresh lime juice
- 1 cup heavy cream chilled

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 105 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 5 grams
7. SaturatedFat: 12 grams
8. Sodium: 50 milligrams
9. Sugar: 40 grams

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