

# MANGO & CREAM ICE CREAM

Yield: 10 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-ice-cream-indian-dessert-recipe>

## Ingredients:

- mango ice cream
- 300 grams mango fresh, cubed
- 1/3 cup cream pouring
- 1/3 cup icing sugar sifted
- vanilla ice cream
- 1 cup cream pouring
- 2 tablespoons icing sugar sifted
- 1/2 teaspoon vanilla extract

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 30 milligrams
4. Fat: 9 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 6 grams
8. Sodium: 30 milligrams
9. Sugar: 13 grams

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