GLOBAL · DESSERT · SNACK

No-Churn Mango Lime Sorbet

10 min · plus 1–4 hours freezing Makes 8 × ½ cup (about 90 g) 67 kcal a portion

Video 5:25 · SweetPotatoSoul

Vegan | Gluten-free ingredients | No nuts listed

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Almost all fruit: about 80 g of mango a serve with only about 4 g of added sugar from the agave, and a good source of vitamin C (about a third of a day). Dairy-free and vegan.

Diet notes: Low saturated fat (0.1 g, 1% of the energy); DASH-friendly (0 mg sodium a serve).

Ingredients 3 · MAKES 8 × ½ CUP (ABOUT 90 G)

- [ ] 660 g **frozen mango chunks**
- [ ] 2 tbsp **freshly squeezed lime juice**
- [ ] 2 tbsp **agave nectar**

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the frozen mango in a food processor (or a strong blender) and blend until it looks like wet sand. 0:30
2. Add the lime juice and agave, scrape down the sides and blend again, scraping down once or twice, until completely smooth and creamy with no chunks. 0:35
3. Eat it straight away as a soft sorbet, or spoon it into a freezer-safe container with a lid and freeze for at least 1 hour (the cook freezes it about 4 hours) until scoopable. 2:09
4. If it has been frozen overnight, leave it on the bench for a few minutes to soften, and dip the scoop in hot water before scooping. 4:14

> **Tip** Freeze your own over-ripe or stringy mangoes for this. The same method works with strawberries or pears; a splash of coconut milk or a few basil leaves are the cook's other ideas. Leave out the agave for no added sugar.

The method is a summary in our words — the video shows every step.

One portion, ½ cup (about 90 g), gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
67 kcal	0.7 g	17 g	1.3 g	0.4 g	0 mg
280 kJ	1% of a day	15 g net · 15 g sugars	5% of a day	0.1 g saturated	0% of a day
		6% of a day		0% of a day	

Energy from net carbs 91% · protein 4% · fat 5%

High in (20%+ of a day) Vitamin C 36%

Recipe and video: SweetPotatoSoul (@SweetPotatoSoul) on YouTube — youtube.com/watch?v=2E6v9oMCXic, published 7 August 2025. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/no-churn-mango-lime-sorbet