



Batido de Mango (Mango Smoothie)



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



84 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1.5 cups milk fat-free
- ☐ 0.3 cup juice of lime fresh
- ☐ 1.5 cups mangos peeled chopped

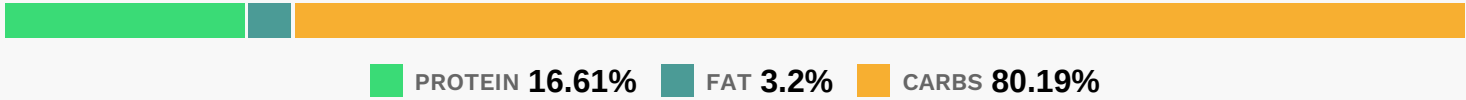
Equipment

- ☐ blender

Directions

- ☐ Place all ingredients in a blender; process until smooth.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:5.78, Inflammation Score:-6, Nutrition Score:7.0269565478615%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 83.54kcal (4.18%), Fat: 0.32g (0.49%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 16.94g (6.16%), Sugar: 16.28g (18.09%), Cholesterol: 2.76mg (0.92%), Sodium: 39.43mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Vitamin C: 27.06mg (32.8%), Vitamin A: 864.47IU (17.29%), Calcium: 132.69mg (13.27%), Phosphorus: 109.21mg (10.92%), Vitamin B12: 0.53µg (8.88%), Vitamin B2: 0.15mg (8.6%), Potassium: 279.07mg (7.97%), Folate: 29.99µg (7.5%), Vitamin D: 1.01µg (6.74%), Vitamin B6: 0.13mg (6.69%), Vitamin B1: 0.07mg (4.84%), Vitamin B5: 0.47mg (4.72%), Magnesium: 18.69mg (4.67%), Fiber: 1.05g (4.2%), Vitamin E: 0.59mg (3.93%), Copper: 0.08mg (3.8%), Selenium: 2.26µg (3.23%), Zinc: 0.48mg (3.21%), Vitamin B3: 0.55mg (2.74%), Vitamin K: 2.69µg (2.56%), Manganese: 0.05mg (2.32%)