



Creamy Mango Smoothies

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1.5 cups skim milk fat-free (skim)
- 2 cups mango sorbet
- 2 cups mangos peeled chopped
- 12 oz vanilla yogurt fat free french 99% yoplait®

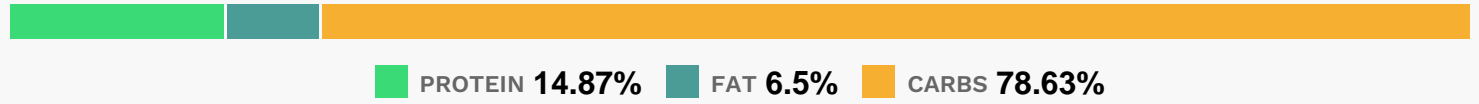
Equipment

- blender

Directions

- In blender, place ingredients. Cover; blend on high speed until smooth.
- Pour into 6 glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:4.81, Inflammation Score:-6, Nutrition Score:7.5921738847442%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 170.63kcal (8.53%), Fat: 1.24g (1.91%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 33.84g (11.28%), Net Carbohydrates: 31.91g (11.6%), Sugar: 28.97g (32.18%), Cholesterol: 4.67mg (1.56%), Sodium: 100.16mg (4.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.4g (12.8%), Vitamin C: 20.47mg (24.82%), Calcium: 183.86mg (18.39%), Phosphorus: 149.78mg (14.98%), Vitamin A: 744.43IU (14.89%), Vitamin B2: 0.22mg (12.65%), Vitamin B12: 0.66µg (10.93%), Potassium: 318.86mg (9.11%), Folate: 31.11µg (7.78%), Fiber: 1.93g (7.73%), Vitamin B5: 0.64mg (6.4%), Vitamin B6: 0.13mg (6.32%), Selenium: 4.33µg (6.19%), Magnesium: 21.92mg (5.48%), Zinc: 0.8mg (5.3%), Vitamin B1: 0.07mg (4.9%), Vitamin D: 0.67µg (4.49%), Copper: 0.07mg (3.48%), Vitamin E: 0.51mg (3.38%), Vitamin B3: 0.5mg (2.5%), Vitamin K: 2.37µg (2.25%), Manganese: 0.04mg (1.94%)