



Delicious Mango Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



348 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 1.5 cups almonds pure
- 1 cup ice cubes
- 0.5 teaspoon juice of lemon fresh
- 1.5 cups mangos diced ripe
- 1 pinch salt

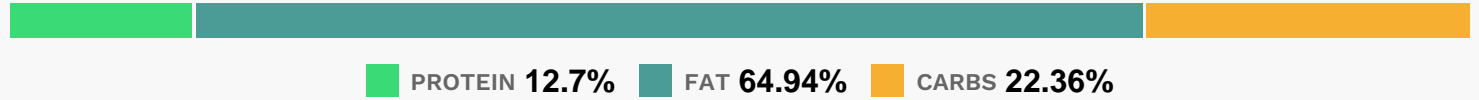
Equipment

- blender

Directions

- In a blender, combine all ingredients until thick and creamy, about 2 minutes.
- Serve in tall glasses garnished with mint.

Nutrition Facts



Properties

Glycemic Index:15.44, Glycemic Load:4.78, Inflammation Score:-8, Nutrition Score:20.280869525412%

Flavonoids

Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg, Cyanidin: 1.38mg 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: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg, Catechin: 1.75mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 347.75kcal (17.39%), Fat: 27g (41.53%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 20.91g (6.97%), Net Carbohydrates: 13.21g (4.8%), Sugar: 10.83g (12.03%), Cholesterol: 0mg (0%), Sodium: 13.81mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.88g (23.76%), Vitamin E: 14.29mg (95.24%), Manganese: 1.26mg (63.22%), Magnesium: 151.6mg (37.9%), Vitamin B2: 0.63mg (37.35%), Copper: 0.63mg (31.53%), Fiber: 7.7g (30.78%), Vitamin C: 22.76mg (27.59%), Phosphorus: 266.65mg (26.66%), Calcium: 152.88mg (15.29%), Potassium: 497.67mg (14.22%), Vitamin A: 670.06IU (13.4%), Folate: 50.33µg (12.58%), Vitamin B3: 2.36mg (11.78%), Iron: 2.09mg (11.61%), Zinc: 1.74mg (11.57%), Vitamin B1: 0.13mg (8.49%), Vitamin B6: 0.15mg (7.37%), Vitamin B5: 0.37mg (3.74%), Selenium: 2.57µg (3.67%), Vitamin K: 2.6µg (2.47%)