



Indian Lassi



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



49 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 cubes ice cubes crushed
- ☐ 1.5 cups ice water
- ☐ 1.8 cups yogurt plain
- ☐ 1 pinch salt
- ☐ 2 teaspoons sugar white

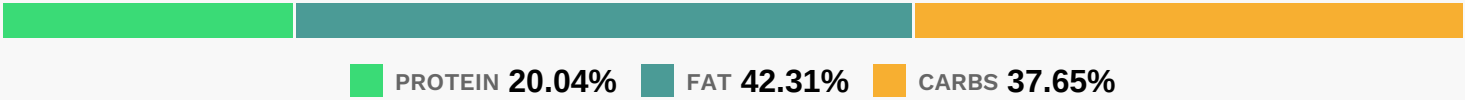
Equipment

- ☐ blender

Directions

- ☐ In a blender, blend the yogurt, ice, water, sugar and salt until mixture becomes frothy.
- ☐ Pour mixture over ice cubes in tall glasses.

Nutrition Facts



Properties

Glycemic Index:14.85, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:2.0652173718681%

Nutrients (% of daily need)

Calories: 48.72kcal (2.44%), Fat: 2.33g (3.58%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 4.66g (1.69%), Sugar: 4.66g (5.18%), Cholesterol: 9.29mg (3.1%), Sodium: 43mg (1.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Calcium: 88.68mg (8.87%), Phosphorus: 67.89mg (6.79%), Vitamin B2: 0.1mg (5.98%), Vitamin B12: 0.26µg (4.41%), Potassium: 110.79mg (3.17%), Zinc: 0.43mg (2.86%), Vitamin B5: 0.28mg (2.78%), Magnesium: 9.31mg (2.33%), Selenium: 1.58µg (2.26%), Vitamin A: 70.74IU (1.41%), Vitamin B1: 0.02mg (1.38%), Folate: 5µg (1.25%), Vitamin B6: 0.02mg (1.14%)