



Lactose Free Peach-Mango Lassi

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



113 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup ice cubes
- ☐ 1.5 cups mangos chopped
- ☐ 1 cup soymilk
- ☐ 12 oz yogurt yoplait®
- ☐ 1 serving ground ginger

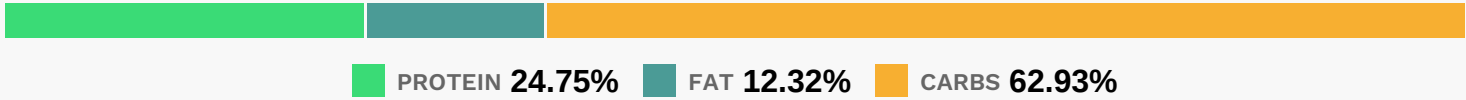
Equipment

- ☐ blender

Directions

- ☐ In blender, place all ingredients except ginger. Cover; blend on medium speed about 2 minutes or until smooth.
- ☐ Pour into 4 glasses; top with ginger.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:21.29, Glycemic Load:4.89, Inflammation Score:-7, Nutrition Score:11.467826086542%

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 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

Nutrients (% of daily need)

Calories: 112.98kcal (5.65%), Fat: 1.58g (2.44%), Saturated Fat: 0.29g (1.81%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 16.91g (6.15%), Sugar: 16.52g (18.35%), Cholesterol: 1.7mg (0.57%), Sodium: 98.7mg (4.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.16g (14.32%), Vitamin C: 27.54mg (33.38%), Calcium: 261mg (26.1%), Vitamin B2: 0.34mg (20.05%), Vitamin B12: 1.16µg (19.27%), Vitamin A: 907.46IU (18.15%), Phosphorus: 143.03mg (14.3%), Folate: 55.76µg (13.94%), Vitamin E: 2.04mg (13.62%), Vitamin B6: 0.26mg (12.97%), Vitamin B3: 2.51mg (12.55%), Potassium: 410.61mg (11.73%), Manganese: 0.21mg (10.49%), Copper: 0.17mg (8.29%), Selenium: 5.07µg (7.24%), Zinc: 1.05mg (6.98%), Vitamin B5: 0.67mg (6.69%), Vitamin B1: 0.09mg (6.33%), Magnesium: 24.01mg (6%), Fiber: 1.3g (5.19%), Vitamin D: 0.71µg (4.72%), Iron: 0.56mg (3.13%), Vitamin K: 2.77µg (2.64%)