



Lychee Lime Lassi (Yogurt Drink)

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon cardamom fine
- 0.5 tablespoon honey
- 6 ice cubes
- 1 cup optional: lemon low-fat
- 1 juice of lime fresh
- 0.5 cup lychee chopped

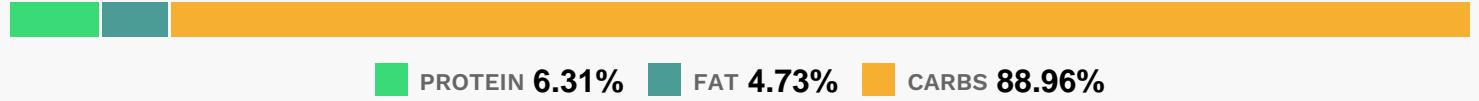
Equipment

- blender

Directions

Blend all in a blender till smooth and frothy.

Nutrition Facts



Properties

Glycemic Index:136.27, Glycemic Load:15.77, Inflammation Score:-8, Nutrition Score:11.133478180222%

Flavonoids

Eriodictyol: 45.94mg, Eriodictyol: 45.94mg, Eriodictyol: 45.94mg, Eriodictyol: 45.94mg Hesperetin: 61.84mg, Hesperetin: 61.84mg, Hesperetin: 61.84mg, Hesperetin: 61.84mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Luteolin: 4.03mg, Luteolin: 4.03mg, Luteolin: 4.03mg, Luteolin: 4.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 165.15kcal (8.26%), Fat: 1.11g (1.71%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 46.95g (15.65%), Net Carbohydrates: 39.5g (14.36%), Sugar: 28.87g (32.08%), Cholesterol: 0mg (0%), Sodium: 10.5mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin C: 189.44mg (229.63%), Fiber: 7.45g (29.81%), Potassium: 501.17mg (14.32%), Vitamin B6: 0.28mg (13.98%), Manganese: 0.27mg (13.48%), Copper: 0.25mg (12.31%), Folate: 39.83µg (9.96%), Iron: 1.71mg (9.49%), Magnesium: 31.06mg (7.76%), Vitamin B1: 0.1mg (6.92%), Calcium: 69.14mg (6.91%), Phosphorus: 68.88mg (6.89%), Vitamin B2: 0.11mg (6.68%), Vitamin B5: 0.45mg (4.47%), Vitamin B3: 0.85mg (4.23%), Vitamin E: 0.45mg (3%), Selenium: 1.53µg (2.19%), Zinc: 0.29mg (1.91%), Vitamin A: 61.64IU (1.23%)