



Mango-Chile-Lime Lassi

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



376 kcal

BEVERAGE

DRINK

Ingredients

- 1 pinch cayenne pepper
- 2 teaspoons chile powder
- 1 lime zest juiced
- 4 mangos diced frozen thawed peeled (or 2 cups mango chunks,)
- 1 pinch sea salt
- 1 cup milk yogurt plain whole
- 0.3 cup sugar
- 0.5 cup water juicy

Equipment

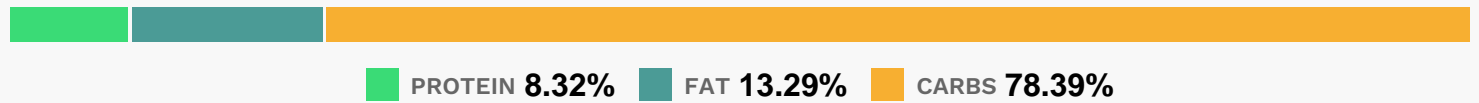
blender

Directions

Put all ingredients in a blender and process until smooth.

Serve in tall glasses and enjoy!

Nutrition Facts



Properties

Glycemic Index:119.13, Glycemic Load:34.91, Inflammation Score:-10, Nutrition Score:26.787826136402%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Catechin: 8.19mg, Catechin: 8.19mg, Catechin: 8.19mg, Catechin: 8.19mg Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 376.1kcal (18.8%), Fat: 6.15g (9.46%), Saturated Fat: 3.06g (19.15%), Carbohydrates: 81.63g (27.21%), Net Carbohydrates: 72.37g (26.32%), Sugar: 71.62g (79.58%), Cholesterol: 15.93mg (5.31%), Sodium: 113.97mg (4.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.33%), Vitamin C: 183.63mg (222.58%), Vitamin A: 5900.8IU (118.02%), Folate: 216.49µg (54.12%), Fiber: 9.26g (37.05%), Vitamin E: 5.21mg (34.72%), Vitamin B6: 0.66mg (33.15%), Potassium: 1063.53mg (30.39%), Copper: 0.58mg (29.06%), Vitamin B2: 0.38mg (22.4%), Calcium: 218.31mg (21.83%), Vitamin K: 22.59µg (21.51%), Phosphorus: 195.17mg (19.52%), Vitamin B3: 3.58mg (17.89%), Manganese: 0.34mg (17.12%), Magnesium: 67.35mg (16.84%), Vitamin B5: 1.5mg (15.04%), Vitamin B1: 0.18mg (12.27%), Selenium: 6.1µg (8.71%), Zinc: 1.28mg (8.5%), Iron: 1.37mg (7.63%), Vitamin B12: 0.45µg (7.55%)