



Mango lasis



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



47 kcal

SIDE DISH

Ingredients

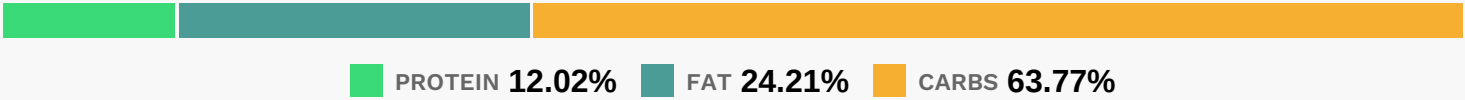
- ☐ 0.5 cup ice cubes
- ☐ 1 cup mangos chopped
- ☐ 0.3 cup milk
- ☐ 1 cup nonfat plain
- ☐ 2 tablespoons sugar (adjust to your taste)

Equipment

Directions

- ☐ Blend all ingredients together until smooth.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:22.36, Glycemic Load:3.93, Inflammation Score:-2, Nutrition Score:2.2834782768851%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 47.18kcal (2.36%), Fat: 1.33g (2.04%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.53g (2.74%), Sugar: 7.61g (8.46%), Cholesterol: 4.9mg (1.63%), Sodium: 17.96mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Vitamin C: 7.66mg (9.29%), Vitamin A: 265.83IU (5.32%), Calcium: 49.18mg (4.92%), Phosphorus: 39.68mg (3.97%), Vitamin B2: 0.06mg (3.67%), Folate: 11.01µg (2.75%), Potassium: 93.62mg (2.67%), Vitamin B12: 0.15µg (2.57%), Vitamin B6: 0.04mg (1.95%), Vitamin B5: 0.19mg (1.88%), Magnesium: 6.8mg (1.7%), Zinc: 0.23mg (1.55%), Copper: 0.03mg (1.42%), Vitamin E: 0.21mg (1.39%), Selenium: 0.96µg (1.37%), Fiber: 0.33g (1.32%), Vitamin B1: 0.02mg (1.26%)