



Mango Lassi



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



209 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 9 ice cubes
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.8 cup yogurt low-fat
- ☐ 0.8 cup mangos peeled chopped
- ☐ 0.3 cup mango sorbet
- ☐ 0.3 cup milk
- ☐ 3 tablespoons sugar

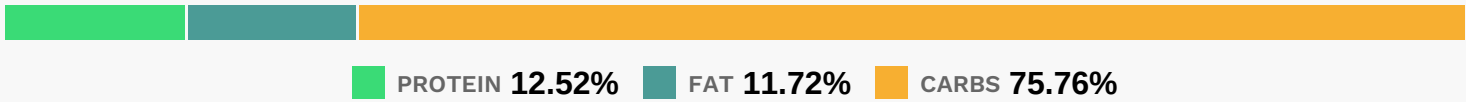
Equipment

- ☐ blender
- ☐ drinking straws

Directions

- ☐ Purée the mango with the yogurt and sugar in a blender.
- ☐ Add the milk, lemon juice, and sorbet and blend until smooth.
- ☐ Add 1/3 cup cold water and the ice and blend to the desired consistency.
- ☐ Pour into a tall glass or two small glasses.
- ☐ Serve with a straw.

Nutrition Facts



Properties

Glycemic Index:79.92, Glycemic Load:17.4, Inflammation Score:-6, Nutrition Score:8.4082608948583%

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 Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg 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: 208.61kcal (10.43%), Fat: 2.8g (4.31%), Saturated Fat: 1.54g (9.65%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 39.34g (14.31%), Sugar: 38.35g (42.61%), Cholesterol: 9.17mg (3.06%), Sodium: 93.77mg (4.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.46%), Vitamin C: 23.74mg (28.78%), Calcium: 214.6mg (21.46%), Phosphorus: 171.87mg (17.19%), Vitamin B2: 0.27mg (15.64%), Vitamin A: 765.83IU (15.32%), Vitamin B12: 0.68µg (11.32%), Potassium: 366.33mg (10.47%), Folate: 36.96µg (9.24%), Vitamin B5: 0.78mg (7.8%), Vitamin B6: 0.14mg (6.89%), Zinc: 1.01mg (6.71%), Magnesium: 26.17mg (6.54%), Selenium: 4.09µg (5.85%), Fiber: 1.39g (5.55%), Vitamin B1: 0.08mg (5.01%), Copper: 0.09mg (4.62%), Vitamin E: 0.6mg (4.01%), Vitamin B3: 0.55mg (2.76%), Vitamin K: 2.87µg (2.74%), Vitamin D: 0.34µg (2.24%), Manganese: 0.04mg (2.24%), Iron: 0.18mg (1.01%)