



Mango Lassi



Vegetarian



Gluten Free



Popular

READY IN



10 min.

SERVINGS



8

CALORIES



64 kcal

BEVERAGE

DRINK

Ingredients



1 cup yogurt plain



0.5 cup milk



1 cup a cup of mango pulp frozen canned very ripe chopped (see how to peel and chop mango)



4 teaspoons sugar to taste

Equipment

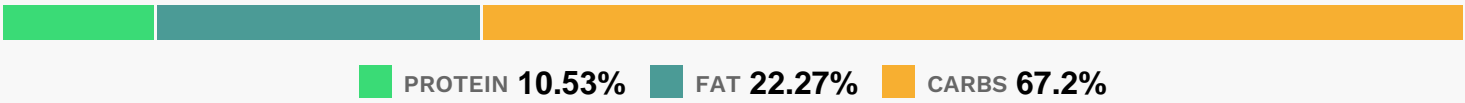


blender

Directions

- ☐ Put mango, yogurt, milk, sugar and cardamom into a blender and blend for 2 minutes.
- ☐ If you want a more milkshake consistency and it's a hot day, either blend in some ice as well or serve over ice cubes.
- ☐ Sprinkle with a tiny pinch of ground cardamom to serve.
- ☐ The lassi can be kept refrigerated for up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:15.89, Glycemic Load:1.94, Inflammation Score:-5, Nutrition Score:3.1343478132849%

Nutrients (% of daily need)

Calories: 64.15kcal (3.21%), Fat: 1.61g (2.47%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 10.92g (3.64%), Net Carbohydrates: 10.74g (3.91%), Sugar: 10.35g (11.5%), Cholesterol: 5.81mg (1.94%), Sodium: 26.69mg (1.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Iron: 3.73mg (20.74%), Vitamin A: 763.02IU (15.26%), Calcium: 58.78mg (5.88%), Vitamin C: 4.22mg (5.12%), Phosphorus: 44.5mg (4.45%), Vitamin B2: 0.06mg (3.82%), Vitamin B12: 0.2µg (3.26%), Potassium: 70.38mg (2.01%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.24mg (1.62%), Selenium: 0.98µg (1.39%), Magnesium: 5.51mg (1.38%), Vitamin D: 0.2µg (1.32%), Vitamin B1: 0.02mg (1.16%)