



Mango Lassi



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



142 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups greek yogurt plain fat-free
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 cup mangos fresh chopped
- ☐ 2 teaspoons pistachios chopped
- ☐ 1.5 tablespoons sugar

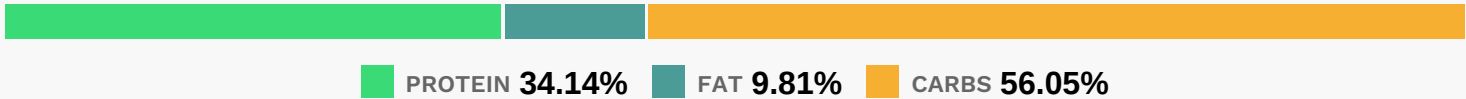
Equipment

- ☐ blender

Directions

- ☐ Combine mango and sugar in a blender; process until pureed.
- ☐ Add yogurt and milk; process until smooth.
- ☐ Serve with pistachios; sprinkle with cardamom, if desired.

Nutrition Facts



Properties

Glycemic Index:46.61, Glycemic Load:8.04, Inflammation Score:-6, Nutrition Score:8.6508695923764%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg 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: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 141.51kcal (7.08%), Fat: 1.58g (2.43%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 19.26g (7%), Sugar: 18.85g (20.94%), Cholesterol: 6.97mg (2.32%), Sodium: 51.96mg (2.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.35g (24.7%), Vitamin C: 20.09mg (24.36%), Vitamin B2: 0.36mg (21.19%), Phosphorus: 190.75mg (19.07%), Calcium: 168.07mg (16.81%), Selenium: 11.19µg (15.98%), Vitamin B12: 0.94µg (15.67%), Vitamin A: 681.73IU (13.63%), Potassium: 309.73mg (8.85%), Vitamin B6: 0.18mg (8.79%), Folate: 32.12µg (8.03%), Vitamin B5: 0.59mg (5.88%), Magnesium: 22.83mg (5.71%), Zinc: 0.78mg (5.19%), Copper: 0.1mg (4.81%), Vitamin B1: 0.07mg (4.76%), Fiber: 1.02g (4.07%), Vitamin E: 0.54mg (3.62%), Vitamin B3: 0.64mg (3.2%), Manganese: 0.06mg (3.05%), Vitamin D: 0.43µg (2.88%), Vitamin K: 2.35µg (2.24%), Iron: 0.21mg (1.18%)