

Mango Lassi-Come-Home

 Gluten Free

READY IN



5 min.

SERVINGS



7

CALORIES



160 kcal

BEVERAGE

DRINK

Ingredients

- 0.1 teaspoon ground cardamom
- 3 tablespoons honey
- 2 cups mangos pureed
- 12.5 fl. oz. apricot-mango nectar canned
- 0.3 cup milk
- 1 cup vanilla yogurt
- 2 cups yogurt lemon-flavored

Equipment

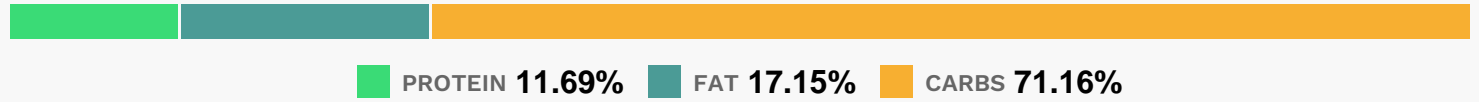
blender

Directions

Blend the lemon yogurt, vanilla yogurt, milk, pureed mango, honey, mango nectar, and cardamom together in a blender until completely combined.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.72, Glycemic Load:7.91, Inflammation Score:-7, Nutrition Score:7.499565243721%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 160.37kcal (8.02%), Fat: 3.2g (4.93%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 28.99g (10.54%), Sugar: 28.91g (32.12%), Cholesterol: 11.9mg (3.97%), Sodium: 62.09mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.83%), Vitamin C: 25.87mg (31.36%), Vitamin A: 973.95IU (19.48%), Calcium: 170.11mg (17.01%), Phosphorus: 130.63mg (13.06%), Vitamin B2: 0.2mg (12.04%), Potassium: 295.17mg (8.43%), Folate: 32.9µg (8.22%), Vitamin B12: 0.49µg (8.19%), Vitamin B5: 0.63mg (6.34%), Selenium: 3.99µg (5.7%), Vitamin B6: 0.11mg (5.49%), Zinc: 0.81mg (5.43%), Magnesium: 21.61mg (5.4%), Vitamin E: 0.59mg (3.92%), Fiber: 0.94g (3.76%), Copper: 0.07mg (3.73%), Vitamin B1: 0.05mg (3.65%), Manganese: 0.07mg (3.31%), Vitamin K: 2.6µg (2.48%), Vitamin B3: 0.47mg (2.34%), Iron: 0.37mg (2.04%), Vitamin D: 0.17µg (1.11%)