



Mango Lassi Frozen Yogurt



Vegetarian



Gluten Free



Popular

READY IN



165 min.

SERVINGS



2

CALORIES



691 kcal

DESSERT

Ingredients

- ☐ 1.5 cups yogurt plain
- ☐ 2 juice of lime to taste
- ☐ 2 servings kosher salt to taste
- ☐ 0.5 teaspoon lime zest grated
- ☐ 3 medium mangos diced ripe peeled
- ☐ 1 cup sugar

Equipment

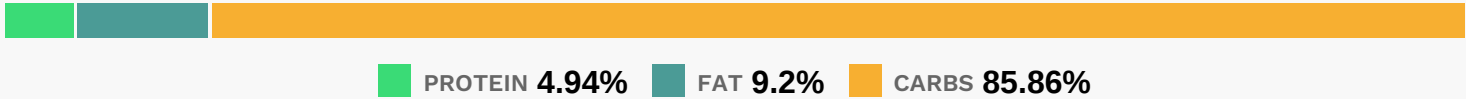
- ☐ food processor

- ☐ bowl
- ☐ whisk
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Purée mangoes in blender or food processor on high for 30 seconds until smooth. Strain and measure out 1 1/2 cups of purée; reserve remainder for another use.
- ☐ In a medium bowl, whisk mango purée, yogurt, sugar, and lime zest until well combined and the sugar doesn't feel gritty anymore.
- ☐ Add lime juice in 1/2 teaspoon increments and kosher salt in 1/4 teaspoon increments, tasting frequently.
- ☐ Mixture should be a little tart with a hint of saltiness.
- ☐ If mangoes started at room temperature, chill mixture in refrigerator for 1 hour until cold. Churn in ice cream maker according to manufacturer's instructions.
- ☐ Transfer frozen yogurt to airtight container and chill in freezer for at least 3 to 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:86.42, Glycemic Load:92.98, Inflammation Score:-10, Nutrition Score:21.433912951013%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg, Catechin: 5.34mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.91mg, Hesperetin: 2.91mg, Hesperetin: 2.91mg, Hesperetin: 2.91mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 691.04kcal (34.55%), Fat: 7.49g (11.53%), Saturated Fat: 4.14g (25.87%), Carbohydrates: 157.32g (52.44%), Net Carbohydrates: 152.21g (55.35%), Sugar: 151.42g (168.24%), Cholesterol: 23.89mg (7.96%), Sodium: 283.03mg (12.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.1%), Vitamin C: 123.09mg (149.2%), Vitamin A: 3556.77IU (71.14%), Folate: 149.42µg (37.35%), Calcium: 261.98mg (26.2%), Potassium: 844.1mg (24.12%), Vitamin B2: 0.4mg (23.68%), Phosphorus: 222.32mg (22.23%), Vitamin B6: 0.44mg (22%), Fiber: 5.1g (20.41%), Vitamin E: 2.97mg (19.81%), Copper: 0.38mg (18.84%), Magnesium: 55.53mg (13.88%), Vitamin B5: 1.36mg (13.64%), Vitamin K: 13.59µg (12.94%), Vitamin B12: 0.68µg (11.33%), Vitamin B3: 2.26mg (11.29%), Manganese: 0.21mg (10.65%), Vitamin B1: 0.15mg (9.86%), Selenium: 6.54µg (9.34%), Zinc: 1.4mg (9.32%), Iron: 0.67mg (3.72%), Vitamin D: 0.18µg (1.23%)