

Mango Lassi II



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



466 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup ice cubes
- ☐ 2 mangos diced peeled seeded
- ☐ 2 cups yogurt plain
- ☐ 0.5 cup sugar white

Equipment

- ☐ blender

Directions

- ☐ In a blender, combine mangos, yogurt, sugar and ice. Blend until smooth.
- ☐ Pour into glasses and serve.

Nutrition Facts



Properties

Glycemic Index:70.42, Glycemic Load:51.43, Inflammation Score:-9, Nutrition Score:18.67782616097%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg, Catechin: 3.56mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg

Nutrients (% of daily need)

Calories: 466.15kcal (23.31%), Fat: 8.91g (13.71%), Saturated Fat: 5.33g (33.29%), Carbohydrates: 92.27g (30.76%), Net Carbohydrates: 88.96g (32.35%), Sugar: 89.68g (99.64%), Cholesterol: 31.85mg (10.62%), Sodium: 121.18mg (5.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.2g (20.4%), Vitamin C: 76.57mg (92.82%), Vitamin A: 2482.29IU (49.65%), Calcium: 323.27mg (32.33%), Folate: 106.16µg (26.54%), Phosphorus: 261.73mg (26.17%), Vitamin B2: 0.44mg (25.65%), Potassium: 728.51mg (20.81%), Vitamin B6: 0.32mg (16.24%), Vitamin B12: 0.91µg (15.11%), Copper: 0.27mg (13.71%), Vitamin B5: 1.36mg (13.61%), Vitamin E: 2.01mg (13.4%), Fiber: 3.31g (13.25%), Magnesium: 51.28mg (12.82%), Zinc: 1.65mg (10.99%), Selenium: 6.93µg (9.9%), Vitamin K: 9.18µg (8.75%), Vitamin B1: 0.13mg (8.6%), Vitamin B3: 1.57mg (7.84%), Manganese: 0.14mg (7.11%), Iron: 0.48mg (2.66%), Vitamin D: 0.25µg (1.63%)