



## Mango Lassi Smoothie

 Vegetarian  Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 Dash ground cardamom
- 1 tablespoon honey
- 1.5 cups milk 1% low-fat
- 1 cup yogurt plain low-fat
- 2 cups mangos frozen ripe peeled chopped ( 2 medium)

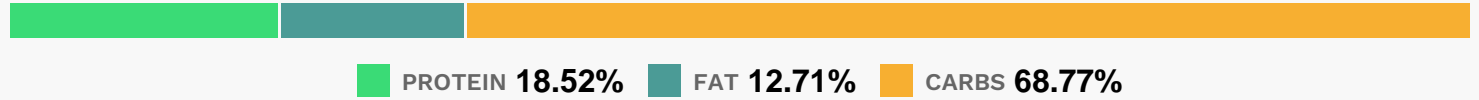
### Equipment

- blender

## Directions

- Combine first 4 ingredients in a blender; pulse to combine.
- Add mango to blender; process until smooth.

## Nutrition Facts



## Properties

Glycemic Index:27.26, Glycemic Load:7.98, Inflammation Score:-7, Nutrition Score:10.210869514424%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

## Nutrients (% of daily need)

Calories: 142.18kcal (7.11%), Fat: 2.11g (3.24%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 25.62g (8.54%), Net Carbohydrates: 24.29g (8.83%), Sugar: 24.31g (27.02%), Cholesterol: 8.1mg (2.7%), Sodium: 78.43mg (3.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.9g (13.8%), Vitamin C: 30.55mg (37.03%), Calcium: 233.08mg (23.31%), Vitamin A: 1097.35IU (21.95%), Phosphorus: 191.16mg (19.12%), Vitamin B2: 0.29mg (16.96%), Vitamin B12: 0.88µg (14.71%), Potassium: 425.65mg (12.16%), Folate: 44.09µg (11.02%), Vitamin B6: 0.18mg (9.13%), Vitamin B5: 0.85mg (8.48%), Magnesium: 29.44mg (7.36%), Zinc: 1.01mg (6.76%), Vitamin B1: 0.1mg (6.7%), Vitamin D: 0.97µg (6.49%), Selenium: 4.42µg (6.31%), Fiber: 1.34g (5.35%), Vitamin E: 0.78mg (5.19%), Copper: 0.1mg (5.12%), Vitamin B3: 0.73mg (3.64%), Vitamin K: 3.68µg (3.5%), Manganese: 0.07mg (3.41%), Iron: 0.21mg (1.15%)