



Mango Lassi with Cardamom and Cinnamon

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cardamom pods
- ☐ 2 servings grinding of cinnamon good
- ☐ 2 tsp honey
- ☐ 180 g total greek yoghurt
- ☐ 1 large mangos ripe
- ☐ 200 ml milk

Equipment

- ☐ blender

Directions

- ☐ Remove the fresh from your mango. Lakeland sell a good tool to simplify this process.
- ☐ Crush the cardamom pods between your fingers and remove the seeds.
- ☐ Add all the ingredients, except for the cinnamon to a blender and whizz until smooth. You may add ice, if your blender is powerful enough,
- ☐ Serve in glasses. Grate cinnamon over each lassi before serving.
- ☐ Enjoy!

Nutrition Facts



Properties

Glycemic Index:76.01, Glycemic Load:12.08, Inflammation Score:-8, Nutrition Score:15.569565265075%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg 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: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg 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: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

Nutrients (% of daily need)

Calories: 211.32kcal (10.57%), Fat: 4.19g (6.44%), Saturated Fat: 2.13g (13.32%), Carbohydrates: 32.37g (10.79%), Net Carbohydrates: 29.07g (10.57%), Sugar: 27.87g (30.97%), Cholesterol: 16.88mg (5.63%), Sodium: 73.47mg (3.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.82g (27.63%), Manganese: 0.99mg (49.62%), Vitamin C: 38.21mg (46.31%), Calcium: 266.26mg (26.63%), Vitamin B2: 0.44mg (25.98%), Vitamin A: 1296.45IU (25.93%), Phosphorus: 246.17mg (24.62%), Vitamin B12: 1.19µg (19.78%), Selenium: 11.61µg (16.58%), Potassium: 490.12mg (14%), Fiber: 3.29g (13.17%), Folate: 51.06µg (12.77%), Vitamin B6: 0.25mg (12.66%), Magnesium: 38.55mg (9.64%), Vitamin B5: 0.9mg (8.98%), Zinc: 1.19mg (7.96%), Vitamin D: 1.13µg (7.56%), Copper: 0.15mg (7.41%), Vitamin B1: 0.11mg (7.4%), Vitamin E: 1.04mg (6.92%), Vitamin B3: 1.05mg (5.24%), Vitamin K: 5.28µg (5.03%), Iron: 0.7mg (3.91%)