



Mango-licious Smoothie

 **Gluten Free**

READY IN



45 min.

SERVINGS



2

CALORIES



255 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 tablespoons honey
- 2 cups mangos frozen
- 0.5 cup apricot-mango nectar
- 5.3 ounce carton vanilla greek yogurt fat-free

Equipment

- blender

Directions

- Place all ingredients in a blender; process until smooth.
- Serve immediately.

Nutrition Facts

PROTEIN 10.9% **FAT 2.17%** **CARBS 86.93%**

Properties

Glycemic Index:52.01, Glycemic Load:20.47, Inflammation Score:-9, Nutrition Score:10.840434660082%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg, Catechin: 2.84mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 254.94kcal (12.75%), Fat: 0.66g (1.02%), Saturated Fat: 0.16g (1%), Carbohydrates: 59.79g (19.93%), Net Carbohydrates: 56.92g (20.7%), Sugar: 56.64g (62.94%), Cholesterol: 2.5mg (0.83%), Sodium: 28.17mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.5g (14.99%), Vitamin C: 69.7mg (84.49%), Vitamin A: 2219.53IU (44.39%), Folate: 75.76µg (18.94%), Fiber: 2.87g (11.48%), Vitamin E: 1.62mg (10.78%), Potassium: 370.79mg (10.59%), Vitamin B6: 0.21mg (10.54%), Copper: 0.2mg (10.01%), Vitamin K: 7.43µg (7.08%), Manganese: 0.14mg (6.92%), Vitamin B3: 1.18mg (5.9%), Magnesium: 18.8mg (4.7%), Vitamin B2: 0.07mg (4.27%), Vitamin B5: 0.38mg (3.83%), Vitamin B1: 0.05mg (3.21%), Iron: 0.58mg (3.21%), Calcium: 30.83mg (3.08%), Phosphorus: 25.19mg (2.52%), Selenium: 1.41µg (2.01%), Zinc: 0.21mg (1.38%)