



Mango-Lime Cooler

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



2

CALORIES



156 kcal

BEVERAGE

DRINK

Ingredients

- 1 mangos ripe peeled cut into chunks
- 0.5 cup yogurt plain fat-free
- 0.5 cup milk low-fat
- 1 tablespoon honey
- 1 tablespoon juice of lime
- 3 ice crushed

Equipment

- blender

Directions

- Place all ingredients except ice cubes in blender. Cover and blend on high speed about 15 seconds or until smooth.
- Add crushed ice and continue blending for 15 seconds or until blended.

Nutrition Facts



Properties

Glycemic Index:52.01, Glycemic Load:11.69, Inflammation Score:-8, Nutrition Score:10.818695669589%

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 Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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 Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 155.57kcal (7.78%), Fat: 1.07g (1.65%), Saturated Fat: 0.5g (3.14%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 30.87g (11.22%), Sugar: 30.56g (33.95%), Cholesterol: 4.18mg (1.39%), Sodium: 71.85mg (3.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.83%), Vitamin C: 40.53mg (49.12%), Vitamin A: 1243.55IU (24.87%), Calcium: 209.34mg (20.93%), Phosphorus: 172.89mg (17.29%), Vitamin B2: 0.27mg (15.9%), Folate: 53.99µg (13.5%), Potassium: 438.11mg (12.52%), Vitamin B12: 0.73µg (12.23%), Vitamin B6: 0.2mg (9.82%), Vitamin B5: 0.83mg (8.26%), Magnesium: 29.89mg (7.47%), Fiber: 1.71g (6.83%), Copper: 0.13mg (6.54%), Zinc: 0.97mg (6.47%), Vitamin E: 0.96mg (6.4%), Vitamin B1: 0.09mg (6.26%), Selenium: 4.16µg (5.94%), Vitamin K: 4.57µg (4.36%), Vitamin D: 0.65µg (4.33%), Vitamin B3: 0.86mg (4.29%), Manganese: 0.08mg (3.99%), Iron: 0.27mg (1.51%)