

Mango Lime Smoothie

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- 2 tablespoons powdered sugar
- 1 ice cubes
- 2 tablespoons juice of lime fresh
- 3 mangos pitted peeled cut into 1-inch chunks

Equipment

- blender

Directions

Place the mangoes, lime juice, confectioners' sugar, and ice cubes in a blender. Blend until slushy.

Nutrition Facts

PROTEIN 4.27% **FAT 4.38%** **CARBS 91.35%**

Properties

Glycemic Index:12.94, Glycemic Load:10.77, Inflammation Score:-8, Nutrition Score:8.9252174574396%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg 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: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg 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: 0.02mg, 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: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 110.58kcal (5.53%), Fat: 0.6g (0.92%), Saturated Fat: 0.14g (0.9%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 25.4g (9.24%), Sugar: 25.31g (28.12%), Cholesterol: 0mg (0%), Sodium: 1.96mg (0.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.61%), Vitamin C: 58.76mg (71.23%), Vitamin A: 1683.56IU (33.67%), Folate: 67.51µg (16.88%), Fiber: 2.51g (10.06%), Vitamin E: 1.41mg (9.43%), Vitamin B6: 0.19mg (9.38%), Copper: 0.18mg (8.76%), Potassium: 269.67mg (7.71%), Vitamin K: 6.57µg (6.25%), Vitamin B3: 1.05mg (5.25%), Manganese: 0.1mg (4.97%), Magnesium: 16.16mg (4.04%), Vitamin B2: 0.06mg (3.58%), Vitamin B5: 0.32mg (3.15%), Vitamin B1: 0.05mg (3.02%), Phosphorus: 22.78mg (2.28%), Calcium: 18.27mg (1.83%), Iron: 0.26mg (1.43%), Selenium: 0.96µg (1.38%)