



Mango Milkshake (Malteada de Mango)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons condensed milk to your taste
- ☐ 2 mangoes ripe peeled chopped
- ☐ 1 cup milk
- ☐ 2 scoops whipped cream

Equipment

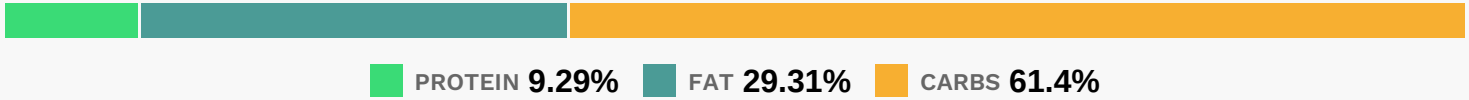
- ☐ blender

Directions

- ☐
- Place all the ingredients in a blender. Blend until smooth and add more milk if necessary

☐

Nutrition Facts



Properties

Glycemic Index:52.94, Glycemic Load:17.85, Inflammation Score:-8, Nutrition Score:10.158695687418%

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 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: 215.16kcal (10.76%), Fat: 7.28g (11.2%), Saturated Fat: 4.29g (26.84%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 32.43g (11.79%), Sugar: 32.27g (35.86%), Cholesterol: 26.94mg (8.98%), Sodium: 69.67mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.38%), Vitamin C: 38.26mg (46.38%), Vitamin A: 1397.67IU (27.95%), Calcium: 171.26mg (17.13%), Vitamin B2: 0.27mg (15.59%), Phosphorus: 148.7mg (14.87%), Folate: 47.81µg (11.95%), Potassium: 386.7mg (11.05%), Vitamin B6: 0.18mg (9.19%), Vitamin B12: 0.52µg (8.73%), Fiber: 1.89g (7.55%), Vitamin B5: 0.74mg (7.36%), Vitamin E: 1.09mg (7.23%), Selenium: 4.59µg (6.56%), Magnesium: 26.19mg (6.55%), Copper: 0.13mg (6.27%), Vitamin B1: 0.09mg (6.01%), Vitamin D: 0.77µg (5.11%), Zinc: 0.71mg (4.75%), Vitamin K: 4.72µg (4.49%), Vitamin B3: 0.83mg (4.13%), Manganese: 0.07mg (3.56%), Iron: 0.22mg (1.24%)