

Mango Smoothie



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 1 banana sliced
- ☐ 0.7 cup mangos diced peeled (1 small)
- ☐ 0.5 cup orange juice
- ☐ 0.7 cup strawberry yogurt low-fat

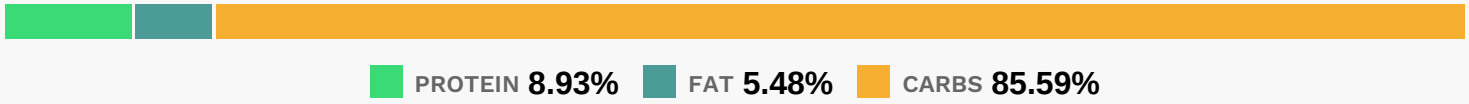
Equipment

- ☐ baking sheet
- ☐ blender

Directions

- ☐
- Arrange sliced banana in a single layer on a baking sheet; freeze until firm (about 1 hour).
- ☐
- Combine banana and remaining ingredients in a blender; process until smooth.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:79.26, Glycemic Load:13.63, Inflammation Score:-7, Nutrition Score:10.05217380109%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 196.71kcal (9.84%), Fat: 1.26g (1.94%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 44.4g (14.8%), Net Carbohydrates: 41.62g (15.13%), Sugar: 33.99g (37.76%), Cholesterol: 7.35mg (2.45%), Sodium: 46.68mg (2.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin C: 56.15mg (68.06%), Potassium: 572.17mg (16.35%), Vitamin A: 782.18IU (15.64%), Vitamin B6: 0.31mg (15.34%), Folate: 54.05µg (13.51%), Vitamin B2: 0.23mg (13.5%), Fiber: 2.78g (11.13%), Calcium: 104.02mg (10.4%), Manganese: 0.2mg (10.13%), Phosphorus: 94.92mg (9.49%), Vitamin B12: 0.42µg (7.08%), Magnesium: 28.25mg (7.06%), Copper: 0.13mg (6.72%), Vitamin B1: 0.09mg (5.97%), Vitamin B3: 1.01mg (5.04%), Vitamin B5: 0.42mg (4.23%), Vitamin E: 0.58mg (3.86%), Iron: 0.47mg (2.62%), Vitamin K: 2.67µg (2.54%), Selenium: 0.98µg (1.4%), Zinc: 0.17mg (1.13%)