



WHATShEATE



Raspberry Mango Smoothie



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



2

CALORIES



294 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

Ingredients

- ☐ 2 cups milk
- ☐ 0.5 cup raspberries fresh frozen
- ☐ 0.5 cup mango chunks fresh frozen
- ☐ 1 Teaspoon vanilla essence plain (If You Are Using Yogurt)
- ☐ 0.5 cup yogurt/vanilla yogurt plain

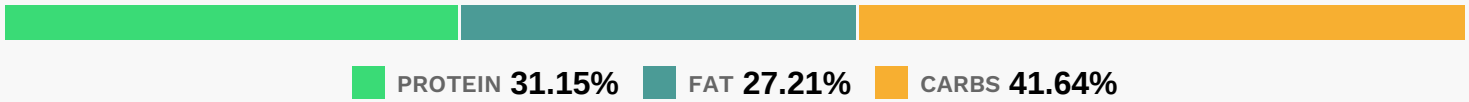
Equipment

- ☐ blender

Directions

☐ In a blender add the fruits, yogurt, honey and 1 cup of milk and blend it smooth. If your using fresh fruits you can also add few ice cubes during this stage. I used frozen fruits, so I thawed them at room temperature just for 5 minutes and blended it.Now add the remaining milk or as much as required to get the desired consistency.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:4.75, Inflammation Score:-5, Nutrition Score:13.927391321763%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 294.46kcal (14.72%), Fat: 8.77g (13.49%), Saturated Fat: 5.04g (31.49%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 24.52g (8.92%), Sugar: 24.57g (27.3%), Cholesterol: 32.34mg (10.78%), Sodium: 135.54mg (5.89%), Alcohol: 0.69g (100%), Alcohol %: 0.24% (100%), Protein: 22.59g (45.18%), Calcium: 486.98mg (48.7%), Phosphorus: 337.95mg (33.79%), Vitamin B2: 0.47mg (27.83%), Vitamin B12: 1.64µg (27.37%), Fiber: 5.68g (22.74%), Vitamin D: 2.68µg (17.89%), Potassium: 548.4mg (15.67%), Iron: 2.76mg (15.32%), Vitamin B5: 1.35mg (13.48%), Vitamin B1: 0.17mg (11.48%), Magnesium: 45.92mg (11.48%), Selenium: 7.7µg (11%), Zinc: 1.64mg (10.91%), Manganese: 0.22mg (10.89%), Vitamin C: 8.35mg (10.12%), Vitamin B6: 0.19mg (9.67%), Vitamin A: 431.52IU (8.63%), Folate: 13.04µg (3.26%), Vitamin K: 3.13µg (2.98%), Vitamin E: 0.4mg (2.63%), Vitamin B3: 0.51mg (2.55%), Copper: 0.04mg (1.94%)