

# Restaurant Style Mango Lassi

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



238 kcal

BEVERAGE

DRINK

## Ingredients

- 2 cups ice cubes
- 30.5 ounce mango pulp with juice canned
- 0.3 cup milk
- 0.5 cup yogurt plain

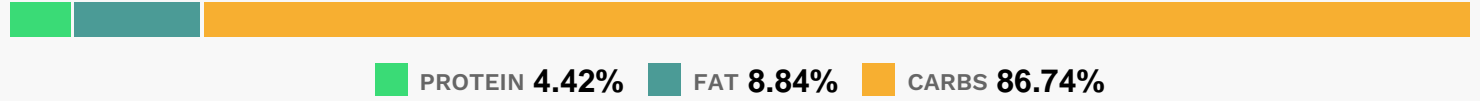
## Equipment

- bowl
- blender

## Directions

Pour mangos, yogurt, milk, and ice into the bowl of a blender. Blend until smooth.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:0.54, Inflammation Score:-10, Nutrition Score:11.968695668747%

## Nutrients (% of daily need)

Calories: 237.51kcal (11.88%), Fat: 2.35g (3.61%), Saturated Fat: 0.93g (5.78%), Carbohydrates: 51.86g (17.29%), Net Carbohydrates: 50.56g (18.39%), Sugar: 47.56g (52.84%), Cholesterol: 5.81mg (1.94%), Sodium: 75.52mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.64g (5.29%), Iron: 27.25mg (151.4%), Vitamin A: 5242.99IU (104.86%), Vitamin C: 29.98mg (36.34%), Calcium: 80.98mg (8.1%), Fiber: 1.3g (5.19%), Phosphorus: 44.5mg (4.45%), Vitamin B2: 0.06mg (3.8%), Vitamin B12: 0.2µg (3.26%), Potassium: 70.34mg (2.01%), Vitamin B5: 0.18mg (1.76%), Zinc: 0.25mg (1.7%), Magnesium: 6.69mg (1.67%), Selenium: 0.96µg (1.38%), Vitamin D: 0.2µg (1.32%), Vitamin B1: 0.02mg (1.16%), Copper: 0.02mg (1.09%)