

Strawberry Lassi



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



5

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon ground cardamom
- ☐ 1 cup ice cubes
- ☐ 2 cups yogurt plain low-fat (whole-milk or)
- ☐ 3.5 cups strawberries fresh trimmed halved
- ☐ 0.5 cup sugar

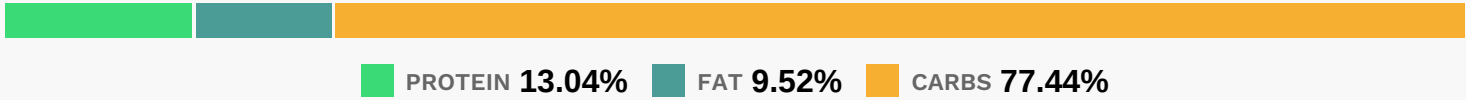
Equipment

- ☐ blender

Directions

- ☐ Purée strawberries with sugar, cardamom, and a pinch of salt in a blender until smooth.
- ☐ Add yogurt and ice, then purée until smooth again.

Nutrition Facts



Properties

Glycemic Index:23.02, Glycemic Load:16.25, Inflammation Score:-4, Nutrition Score:10.082608647968%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 25.05mg, Pelargonidin: 25.05mg, Pelargonidin: 25.05mg, Pelargonidin: 25.05mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg, Epicatechin 3-gallate: 0.15mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 171.31kcal (8.57%), Fat: 1.89g (2.91%), Saturated Fat: 1g (6.22%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 32.59g (11.85%), Sugar: 31.79g (35.32%), Cholesterol: 5.88mg (1.96%), Sodium: 72.19mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Vitamin C: 60.08mg (72.82%), Manganese: 0.42mg (21.09%), Calcium: 197.47mg (19.75%), Phosphorus: 165.49mg (16.55%), Vitamin B2: 0.24mg (13.88%), Potassium: 385.06mg (11%), Vitamin B12: 0.55µg (9.15%), Folate: 34.97µg (8.74%), Fiber: 2.04g (8.18%), Magnesium: 30.47mg (7.62%), Vitamin B5: 0.71mg (7.05%), Zinc: 1.03mg (6.85%), Selenium: 3.76µg (5.37%), Vitamin B6: 0.1mg (4.78%), Vitamin B1: 0.07mg (4.5%), Copper: 0.07mg (3.52%), Iron: 0.52mg (2.86%), Vitamin B3: 0.5mg (2.51%), Vitamin K: 2.41µg (2.3%), Vitamin E: 0.32mg (2.14%), Vitamin A: 62.08IU (1.24%)