



## Sugar-Free Cardamom-Mango Smoothie

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

BEVERAGE

### Ingredients

- 1 cup yogurt plain fat-free
- 8 cubes ice cubes
- 2 mangos diced pitted ripe peeled
- 0.7 cup skim milk
- 0.5 cup artificial sweetener to taste splenda® (such as )

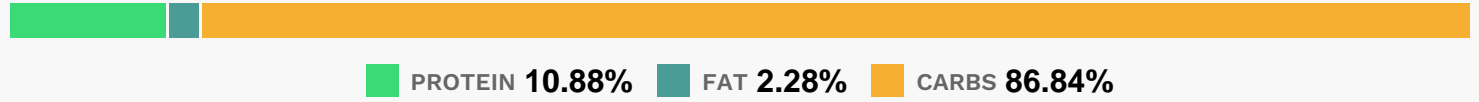
### Equipment

- blender

## Directions

- Place mango, yogurt, ice, and milk into a blender.
- Sprinkle in cardamom and sweetener to taste. Puree until smooth, frothy, and creamy.

## Nutrition Facts



## Properties

Glycemic Index:21.25, Glycemic Load:7.84, Inflammation Score:-7, Nutrition Score:9.9252174626226%

## 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: 110.28kcal (5.51%), Fat: 0.54g (0.82%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 45.98g (15.33%), Net Carbohydrates: 26.51g (9.64%), Sugar: 26.88g (29.87%), Cholesterol: 2.45mg (0.82%), Sodium: 66.34mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.52%), Vitamin C: 38.23mg (46.33%), Vitamin A: 1207.46IU (24.15%), Calcium: 188.01mg (18.8%), Phosphorus: 154.34mg (15.43%), Vitamin B2: 0.24mg (13.89%), Folate: 52.67µg (13.17%), Potassium: 398.26mg (11.38%), Vitamin B12: 0.61µg (10.17%), Vitamin B6: 0.18mg (8.97%), Vitamin B5: 0.74mg (7.42%), Magnesium: 27.17mg (6.79%), Fiber: 1.66g (6.62%), Copper: 0.13mg (6.47%), Vitamin E: 0.93mg (6.21%), Zinc: 0.87mg (5.83%), Vitamin B1: 0.08mg (5.42%), Selenium: 3.64µg (5.2%), Vitamin K: 4.47µg (4.26%), Vitamin B3: 0.82mg (4.08%), Manganese: 0.07mg (3.47%), Vitamin D: 0.45µg (2.99%), Iron: 0.22mg (1.23%)