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## Banana Mango Yogurt Smoothie

A refreshing and nutritious smoothie made with bananas, mangoes, and yogurt. Perfect for a quick and healthy breakfast or snack.

**Recipe Type:** Vegetarian

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 2

**Serving Size:** 250 g

### Ingredients

200 g	Bananas
200 g	Mangoes
100 g	yogurt

### Directions

## Step 1

Cut

Peel and slice the bananas.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Cut

Peel and dice the mangoes.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blender

In a blender, combine the bananas, mangoes, and yogurt. Blend until smooth.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat: 0 g**

**Protein: 5 g**

**Carbohydrates: 50 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	50 g	90.91%	100%
Fibers	5 g	13.16%	20%
Sugars	35 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	25 iu	2.78%	3.57%
Vitamin C	100 mg	111.11%	133.33%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	20 mg	0.59%	0.77%
Zinc	4 mg	36.36%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Valentine's Day Barbecue

### Cuisines

Japanese Mediterranean Greek American

### Nutritional Content

Low Calorie High Protein Low Fat High Fiber Low Sodium High Calcium

### Kitchen Tools

Blender

### Course

Drinks Salads Snacks Sauces & Dressings

### Cultural

Chinese New Year

### Meal Type

Breakfast Brunch Lunch Snack Supper

### Difficulty Level

Easy

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