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Tropical Mango Fruit & Yogurt Smoothie ♦♦

A refreshing and tropical smoothie made with ripe mangoes and creamy yogurt. Perfect for a quick and healthy breakfast or snack.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

| | |
|--------------|-----------|
| 300 g | Mango |
| 200 g | yogurt |
| 2 tsp | Honey |
| 1 c | ice cubes |

Directions

Step 1

Cut

Peel and chop the mango into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the chopped mango, yogurt, honey, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

Blend until smooth and creamy.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 8 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 8 g | 47.06% | 47.06% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 40 g | 72.73% | 80% |
| Fibers | 4 g | 10.53% | 16% |
| Sugars | 30 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 1 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 5 g | 17.86% | 20% |
| Cholesterol | 5 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 500 iu | 55.56% | 71.43% |
| Vitamin C | 100 mg | 111.11% | 133.33% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 1 mcg | 41.67% | 41.67% |
| Vitamin E | 1 mg | 6.67% | 6.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Sodium | 50 mg | 2.17% | 2.17% |
| Calcium | 20 mg | 2% | 2% |
| Iron | 1 mg | 12.5% | 5.56% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Potassium | 400 mg | 11.76% | 15.38% |
| Zinc | 1 mg | 9.09% | 12.5% |
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Thanksgiving Birthday Wedding Halloween Valentine's Day
Mother's Day Father's Day New Year Anniversary Baby Shower
Bridal Shower Graduation Back to School Barbecue Picnic Game Day

Cuisines

Italian

Meal Type

Breakfast Brunch Lunch Snack Supper

Difficulty Level

Easy

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