



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Yogurt & Dried Mango

A delicious combination of creamy yogurt and sweet dried mango. Perfect for a quick and healthy snack.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** N/A

**Total Time:** 5 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 1

**Serving Size:** 200 g

### Ingredients

150 g Yogurt

50 g dried mango

### Directions

## Step 1

Scoop the yogurt into a bowl.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 2

Cut

Chop the dried mango into small pieces.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 3

Sprinkling

Sprinkle the chopped dried mango over the yogurt.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

---

## Step 4

Mixing

Mix the yogurt and dried mango together.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Step 5

Serving

Serve and enjoy!

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 0 g

**Protein:** 10 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Protein	10 g	58.82%	58.82%
---------	------	--------	--------

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
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	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	10 iu	1.11%	1.43%
Vitamin C	25 mg	27.78%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	30 mg	3%	3%
Iron	4 mg	50%	22.22%
Potassium	300 mg	8.82%	11.54%
Zinc	2 mg	18.18%	25%
Selenium	4 mcg	7.27%	7.27%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Game Day

### Course

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Hanukkah

Ramadan

Easter

## Cost

\$10 to \$20

\$20 to \$30

\$30 to \$40

## Demographics

Kids Friendly

Senior Friendly

Diabetic Friendly

## Diet

Mediterranean Diet

Flexitarian Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

## Meal Type

Snack

Supper

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)