



Healthdor

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Cinnamon, Clove, and Mango Smoothie ♦♦

A refreshing and flavorful smoothie made with cinnamon, clove, and mango. 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

| | |
|-------|----------|
| 1 tsp | Cinnamon |
| 1 tsp | Clove |
| 2 c | Mango |

Directions

Step 1

Cut

Peel and chop the mango.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blender

Add the chopped mango, cinnamon, and clove to a blender.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Blender

Blend until smooth and creamy.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Serving

Pour into glasses and serve chilled.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 120 kcal

Fat: 1 g

Protein: 1 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 1 g | 5.88% | 5.88% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 30 g | 54.55% | 60% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Fibers | 3 g | 7.89% | 12% |
| Sugars | 25 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 | 0 g | 0% | 0% |
| Fat | 1 g | 3.57% | 4% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|---------|------------------------|--------------------------|
| Vitamin A | 1000 iu | 111.11% | 142.86% |
| Vitamin C | 45 mg | 50% | 60% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 1 mg | 6.67% | 6.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 5 mg | 0.22% | 0.22% |
| Calcium | 20 mg | 2% | 2% |
| Iron | 1 mg | 12.5% | 5.56% |
| Potassium | 300 mg | 8.82% | 11.54% |
| Zinc | 0 mg | 0% | 0% |
| Selenium | 1 mcg | 1.82% | 1.82% |

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter 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

Meal Type

Breakfast Lunch Snack

Difficulty Level

Easy

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