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## Mango Lassi

Mango lassi is a popular Indian drink made with ripe mangoes, yogurt, and sugar. It is a refreshing and creamy beverage that is enjoyed during hot summer days. The drink originated in the Punjab region of India and is now popular worldwide. It can be served as a dessert or a 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

500 g	ripe mangoes
250 g	Yogurt
50 g	sugar
100 g	ice cubes

# Directions

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## Step 1

Cut

Peel and chop the ripe mangoes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blending

In a blender, combine the chopped mangoes, yogurt, sugar, and ice cubes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Blending

Blend until smooth and creamy.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

## Serving

Pour the mango lassi into glasses and serve chilled.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 2 g

**Protein:** 5 g

**Carbohydrates:** 40 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	40 g	72.73%	80%
Fibers	2 g	5.26%	8%
Sugars	35 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	1 g	4.55%	5.88%
Fat	2 g	7.14%	8%
Cholesterol	5 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	150 mg	15%	15%
Iron	1 mg	12.5%	5.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Barbecue Picnic

### Cuisines

Indian Mexican French Thai Vietnamese American

### Nutritional Content

Low Calorie

## Course

Drinks

Salads

Sauces & Dressings

## Cultural

Chinese New Year

St. Patrick's Day

## Cost

\$10 to \$20

## Meal Type

Brunch

Lunch

Snack

Supper

## Difficulty Level

Easy

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