



Healthdor

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Mango Protein Shake ♦

A delicious and nutritious mango protein shake that is perfect for a post-workout snack or a quick breakfast on the go. This shake is packed with vitamins, minerals, and protein to help fuel your body and keep you satisfied.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 500 grams

Number of Servings: 1

Serving Size: 500 g

Ingredients

200 g	Mango
30 g	protein powder
250 ml	almond milk
100 g	Greek yogurt
15 g	Honey

100 g ice cubes

Directions

Step 1

Cut

Peel and chop the mango into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

In a blender, combine the chopped mango, protein powder, almond milk, Greek yogurt, honey, and ice cubes.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Blending

Blend on high speed until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serving

Pour into a glass and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 2 g

Protein: 25 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
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	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	60 mg	66.67%	80%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	15 mg	100%	100%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

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

Cuisines

Italian

Chinese

Indian

Mexican

French

Thai

Japanese

Mediterranean

Greek

Spanish

German

Korean

Vietnamese

American

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Stove

Microwave

Grill

Slow Cooker

Course

Appetizers

Drinks

Meal Type

Breakfast

Snack

Supper

Difficulty Level

Easy

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